SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 32

Summer's hair

Hot one day, humid the next — welcome to problem-hair season. But don't fret: Blake Lively's long, sleek layers can still be yours PAGE 33

OTTAWA metro®

Thursday, June 28, 2012

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PITCH PERFECT

With a voice every bit as light and dancing as her upright base is deep and heavy, Portland, Ore.'s Esperanza Spalding delighted TD Ottawa Jazz Festival attendees on Wednesday night. For more photos from the festival, go to metronews.ca. MARC DESROSIERS/FOR METRO

Foot Guard stabbed by his own bayonet

Parliament Hill. Soldier hospitalized with severe injury, but military spokesman says he's in good spirits

A 20-year-old member of the Governor General's Foot Guards fell during the ceremonial parade on Parliament Hill Wednesday, stabbing himself in the forearm with his gun-mounted bayonet.

Cpt. John-Hugh MacDonald, a spokesman for the ceremonial guard, said the accident occurred as the soldiers were leaving Parliament Hill at the end of the Changing of the Guards ceremony at about 10:30 a.m.

"He went onto a steel manhole cover while he was turning and that caused him to lose his footing. He slipped and fell and was pierced by his bayonet in the left arm," MacDonald said.

Military medics, who were members of the ceremonial guard, tended to him immediately.

Ottawa paramedics arrived at the Hill shortly after 10:30 a.m. Paramedics described his injury as a "severe stab wound," and said it led to "severe blood loss."

MacDonald said that occasionally guards faint, especially when it is very hot, but he has never known such a serious injury to occur.

"These are not toy soldiers," he said. "They are fully-trained members of the Canadian Forces and they're in good shape and they're highly trained and the equipment that they carry during the Changing of the Guard are not toys — they're a real bayonet and a real rifle."

JESSICA SMITH/METRO

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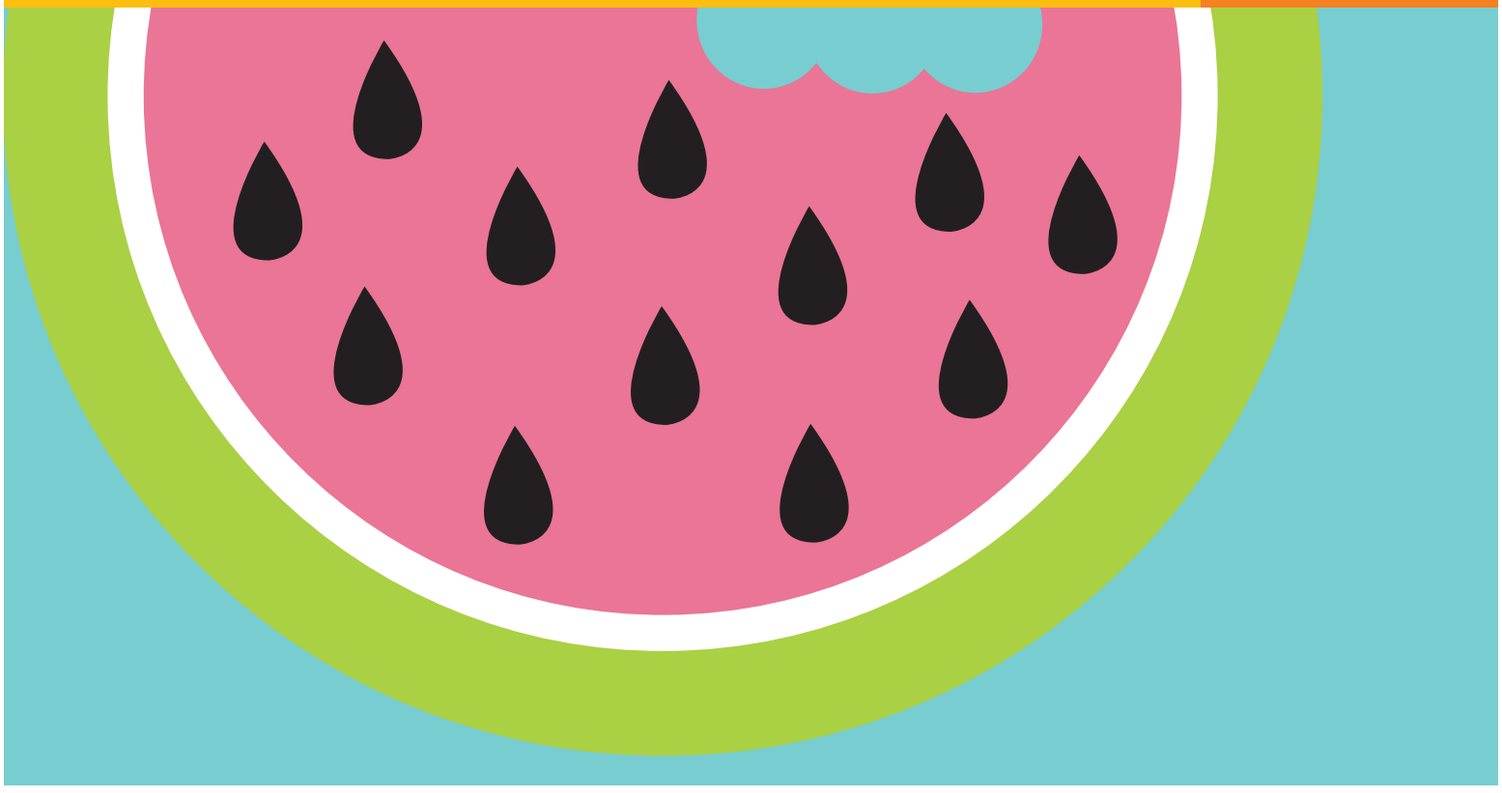

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City can backtrack on deal if smart cards fail: Transit chair

Delays. Glitches with smart card readers have stalled rollout until February 2013

JOE LOFARO
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If the Presto smart-card system stays broken and the city wants out of its deal with Metrolinx, there is an exit strategy, the chair of the transit commission said Wednesday.

City solicitor Rick O'Connor, confirmed there is a way out if problems persist, Coun. Diane Deans told city council.

"We'll talk about that if that day arrives," said Deans, who heads the transit commission. "And hopefully it never will."

The rollout was supposed to be July 1. Then the city announced a new projected launch date of Aug. 1. Glitches in smart-card readers on buses persisted, delaying full rollout again to February 2013.

Mayor Jim Watson also introduced a motion at Wednesday's city council meeting to address a legal oversight that was made when former transit general manager Alain Mercier signed off on the Presto deal.

The city's legal staff did not stamp the Metrolinx contract as previously thought. Now, all contracts must be reviewed by the city's legal department and be given an official "Approved for Execution" signoff.

Eco-pass program

- **Extension.** The city announced Wednesday the Eco-pass program for OC Transpo will be extended until the full Presto launch in 2013.
- **Fare hike.** Council also hiked that Eco-pass fares rise 2.5 per cent from 2011-2012 rates to $84.56 per month for regular Eco-pass customers, and $104.55 per month for express Eco-passes.

Mayor Jim Watson answers questions about the Presto smart-card deal after a council meeting on Wednesday. JOE LOFARO/METRO

Teen killed in cycling accident in Kanata

An Ottawa police officer examines a bicycle belonging to an 18-year-old man who was killed Wednesday afternoon in Kanata. The cyclist died after crashing into a light pole on McNeil Court, paramedics said. The cyclist, who suffered a severe head injury, was pronounced dead at hospital. Collision investigators have determined that no other vehicles were involved. Police said it's too early to say whether the cyclist was wearing a helmet. The investigation continues. JESSICA SMITH/METRO

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NEWS

On the web

Society can take the heat, says ExxonMobil CEO

Rex Tillerson, CEO of ExxonMobil, said that society will be able to adapt to the warming of the planet caused by the burning of fossil fuels, and he blamed an "illiterate" public and "lazy" press for the spread of "misconceptions." Go online to metronews.ca to read the full story.

Mobile news

A softer side to all the rucking and mauling: Members of Canada's national women's rugby team have bared all in a calendar aimed at promoting positive body images and raising a little cash ahead of Summer Olympics in 2016. Scan the code to read the full story.

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Doctors take stand against refugee health-care cutbacks

Who invited you?
Ottawa docs' protest follows similar press-conference crashing in Toronto

JESSICA SMITH
jessica.smith@metronews.ca

Canadian doctors have begun a co-ordinated campaign of standing up for refugees at press conferences, telling government ministers that cancelling the federal refugee health-care program will cost lives.

"Minister (Leona) Aglukkaq, I'd like to speak to you as a physician," Megan Williams said at the end of the minister's press conference, about an unrelated issue, in Ottawa on Wednesday.

Williams and other doctors are going to public events and announcements held by government ministers and speaking out about cuts to the Interim Federal Health Program, which helps refugees who are not yet eligible for provincial health insurance.

As of Saturday, the program will no longer pay for "supplementary" health care such as prescription drugs, vision and dental care.

Aglukkaq responded to Williams' challenge by saying that refugees today get better health care than most Canadians and the Conservatives' change to the status quo makes things equal.

But Williams argued that people who receive welfare and disability, as well as First Nations and Inuit people, get supplementary government coverage.

"I think it will take weeks or months, when people run out of medication and when they're not able to be seen by a doctor for certain things," Williams said. "Some people will probably die because of this."

"I'm sure you're aware that at the end of this week dramatic cuts are going to happen to the health-care coverage refugees receive.... Who do you think will be held accountable?"
"That's not true."
Dr. Megan Williams METRO

Health Minister Leona Aglukkaq. METRO

People at risk

'Long-term negative impacts'

Dr. Megan Williams cited a diabetic patient, whom she treats, who will not be able to afford the necessary medication as of Saturday:

"Last week, I gave a patient a prescription for a month of medication. They were only given 12 days of it because the pharmacy would only fill it to (Saturday) the 30th. They came back to me and said, 'What am I going to do? I can't pay for this,'" Williams said.

"They will not, the very next day, die, but they certainly will, over the first week of July, become very sick and they're probably going to end up in the emergency department. That's going to cost a lot of money and have long-term negative impacts."

JESSICA SMITH/METRO

Physicians to track how cuts affect refugee health

Dr. Parisa Rezaiefar, who came to Canada from Iran as a refugee, says the Interim Federal Health Program allowed her to thrive. GRAHAM LANKTREE/METRO

Doctors from across Canada upset about health-care cuts that would see some services cut for refugees have created a nationwide system to track their consequences.

"These cuts will be devastating," Dr. Phil Berger said. "It's not too late for this government to reverse the cuts. It would be a good Canada Day welcome to terrified refugees."

The cuts target the Interim Federal Health Program and remove prenatal care for pregnant women, care for heart attacks and money for drugs to treat diabetes, HIV and angina. Championed by Immigration Minister Jason Kenney, the changes are set to take effect on June 30.

In response, Canadian Doctors for Refugee Care said by the time the cuts are implemented, they will have a national system in place to track and collect stories from refugees regarding how the cuts have affected their health.

"Someone with angina cannot be off their medication even for a day. Otherwise they will have a heart attack," Berger said.

"Our concern is about a woman coming into ER with her asthmatic child and then being discharged until their next attack," said Dr. Parisa Rezaiefar, an emergency-room physician at the Children's Hospital of Eastern Ontario, who came to Canada in 1992 as a refugee from Iran.

"I was lucky enough at the time that when my teeth were hurting I got coverage in Canada," she said. "The Interim Federal Health Program allowed me to carry on and learn English and French."

GRAHAM LANKTREE/METRO

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New funding to help skilled immigrants build careers

Investment. Province spending $2.67 million in Ottawa to make it easier for new Canadians to find work

GRAHAM LANKTREE
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Immigrants with skilled professions used to make due finding a job in their field on their own. But Ontario is making it easier with a new $57-million investment in programs to help them out.

"I had my own company back in Iran," said Abbas Mokabbery, an IT professional who came to Canada in 2008. "You grow your roots little by little, but coming to Canada was like moving that tree from one garden to a different land."

One thing that struck him on arriving, he said, was how different the work environment is. "People are very serious about their work. Some people are not so serious about their work in Iran."

To help himself adjust, Mokabbery enrolled in an Ontario bridge program with the Information and Communications Technology Council where he could get work experience in his field of geomatics gathering and analyzing geographic information.

"They taught us about the laws of the office place, how to deal with personnel and understanding if they are satisfied with your work," he said.

With renewed confidence, Mokabbery started his own business, GeoInfoCom.

"The least we can do," said Ottawa Centre MPP Yasir Naqvi, "is help newcomers bridge into their profession and benefit our economy at the same time."

Coming from Pakistan, both of Naqvi's parents were trained as lawyers, but without help to get into their field in Canada, they switched professions and opened their own hotel.

Abbas Mokabbery opened his company GeoInfoCom after learning how to do business on Canadian soil through an Ontario bridge program with the Information and Communications Technology Council. GRAHAM LANKTREE/METRO

All options on table for western LRT, city says

A conceptual illustration of the Carling primary LRT line — just one of the routes city council is mulling for future LRT development. CONTRIBUTED

City staff say all 15 options, including Carling Avenue, will be considered for the western LRT corridor and not the just the four they think are best.

The message delivered at a council meeting Wednesday pleased residents who are against the Richmond Road and Bryon Avenue options.

But when deputy city manager Nancy Schepers said that some options "are more viable than others" the small crowd groaned in disagreement.

Some held signs that read "Not Byron or Richmond" to protest the preferred routes that use those roads and run through residential areas that have appreciated in value considerably in the past decade.

The fourth route under consideration would use the Ottawa River Parkway, but the National Capital Commission is against the idea. The city wants to keep talking to the NCC.

As a result, a final report on an environmental assessment of the western LRT routes is being delayed until next year.

"We want to get this right because we know there are competing interests in all of the options that have been put forward," said Mayor Jim Watson.

"But at the end of the day we want to make sure that we have a route that's going to serve the needs of our transit system, and, more importantly, our passengers."

JOE LOFARO/METRO

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Brian (Coach) Whitmore races after the ball, closely followed by Dom Brandt-Dumas. Whitmore was one of the first bike-polo participants in Ottawa. In the background, Kiki Knox. NOURAN ABDELLATIF/FOR METRO

Sporty cyclists live the 'lo life

Reinventing a retro sport for the urban jungle. Players say bike polo is addictive, full-contact fun

NOURAN ABDELLATIF
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The game of kings has a new edge to it: bikes for horses, ski poles and plastic pipes for mallets, hard courts for grass fields.

Bike polo has been played in Ottawa since 2003 after a group of local bike messengers went to Seattle for a messenger race and watched a game.

Since then, the number of players has expanded to include people from all walks of life. A league, dubbed Mallets of Mayhem, was formed this year.

"I'm all about the community-building side of bike polo," said player Allan Dykstra. "We love to see young people playing and enjoying it as a sport to add to their repertoire. And just getting people together and using the park system, that's important to me."

Despite the fact that polo is a contact sport, players hardly ever receive injuries — just minor bumps and bruises.

"Bike polo is a really good outlet," said another player, Kiki Knox. "You're working all day and you're stressed, then you come here and it's all forgotten."

Bike-polo matches take place at the abandoned tennis court at Ev Tremblay Park, typically every Tuesday, Friday and Sunday after people finish work.

The game is addictive, as one player Jeff Valiquette attests.

"I fell in love the first time I played," he said. "Once I started, I couldn't stop. I don't want to do anything else with my evenings."

Mallets of Mayhem is currently the only hard-court bike-polo league in Ottawa, and is open to new players. For more info, visit the website at ottawabikepolo.com.

Rules of the game

- Two teams of three play until one team gets five points.
- Players can't touch the ground.
- Only "like" contact is allowed: player to player, bike to bike or mallet to mallet.

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Move over Joe the Plumber, here comes Christopher

Approval. Cineplex survey finds screen icon Christopher Plummer tops Canadians' wish list of homegrown actors they'd like to see in politics

JOE LOFARO
joe.lofaro@metronews.ca

Canadians have spoken. They want a Christopher Plummer government.

In a recent online Ipsos Reid survey of 4,009 Canadians for Cineplex Entertainment, nearly one third (31 per cent) said they would like to see the Toronto-born, Oscar-winning actor become prime minister.

Plummer took home an Oscar this year for best actor in a supporting role for the movie Beginners.

Trailing Plummer was another Canuck icon, William Shatner, who came in second place, with 22 per cent of the votes. Jim Carrey also came close to the top of the list after 14 per cent voted for him. Other actors in the poll include Ryan Reynolds, Catherine O'Hara and Rachel McAdams.

"Canadians have spoken clearly, choosing experience and statesmanship over some of Hollywood's hottest young stars," said Pat Marshall, vice-president, communications and investor relations, at Cineplex Entertainment.

"The question we've been asking ourselves is what would a Plummer government mean to the movie business in Canada?"

Canadians also weighed in on the state of movie business in Canada in the survey.

Eighty-eight per cent of Canadians surveyed said more movies should be produced in Canada and 70 per cent said there should be more tax breaks for Canadian companies who that film in Canada.

Christopher Plummer poses with his award for best supporting actor for Beginners during this year's Academy Awards. JOEL RYAN/THE ASSOCIATED PRESS

Federal budget

3,377 CAPE union-member jobs on the line

The Canadian Association of Professional Employees says 3,377 of their members have received notice that their jobs are at risk, due to cuts in the federal budget.

The employees will have to compete for their jobs if no one voluntarily resigns, said spokesman Pierre Lebel.

This week, cuts were announced at Fisheries and Oceans, Corrections Services, Infrastructure Canada and the Patented Medicine Review Board.

JESSICA SMITH/METRO

Royal Canadian Music

RCMP showing off their best talents

The RCMP is holding Sunset Ceremonies until June 30, showcasing the talents of the Central Band of the Canadian Forces, the OPS and RCMP pipe bands and the RCMP Musical Ride. The ceremony will include appearances by the SkyHawk team, Canadian Forces Parachute Team and recording artist Sean Jones. The free performances run between 7:30 and 9 p.m. at the RCMP stables on St. Laurent Boulevard. Donations from the crowd will go to the RCMP Foundation.

NOURAN ABDELLATIF/FOR METRO

Relay race for a good cause

Ottawa Centre MPP Yasir Naqvi poses with Riley the Raccoon, the Ottawa 67's mascot, after an obstacle course relay race to promote the July 11 Amethyst Track Challenge. Celebrating its fifth anniversary this year, the track and field event is organized as a benefit for the Amethyst Women's Addiction Centre. The race Wednesday included jumping jacks, jump rope, toe-touches and hula hoops. The Amethyst Women's Addiction Centre provides alternative addiction treatment for women who are dependent on drugs and alcohol, or have a gambling problem. The centre also offers a sexual-abuse support program and an early-childhood-development program for pregnant women with addictions and/or with children under the age of six.

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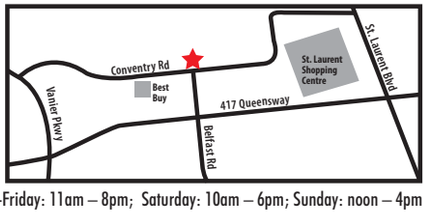

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Rescue workers show their respect by removing their hard hats as a body is carried out of the Elliot Lake, Ont., wreckage. NATHAN DENETTE/THE CANADIAN PRESS

Out of the rubble, the final sadness

Elliot Lake tragedy. Rescue crews bow their heads in sorrow as two bodies are removed from collapsed-mall debris

Search-and-rescue workers removed their hats and bowed their heads in sorrow Wednesday as two bodies were removed from the wreckage of a partially collapsed shopping mall in Elliot Lake, Ont.

Crews who had spent the past two days sifting through the rubble of the Algo Centre Mall used sophisticated equipment to try to clear a path to anyone who may have survived when a roof came crashing down through the two-storey building.

In the end, however, the rescue mission became a recovery operation.

Officials said crew members had only to search one 12-metre-long pile of rubble before wrapping up the operation Wednesday.

The bodies were removed after a specialized robotic arm worked through the night to clear a path through the debris that accumulated when a section of the roof crashed through the two-storey building on Saturday.

The operation required crews to orchestrate the collapse of a precariously balanced escalator and remove slabs of concrete.

The removal of the bodies marked a tragic culmination of a risky rescue operation that many said came too late.

Elliot Lake Mayor Rick Hamilton called it "a deep, deep tragedy" — one that affects not just the victims and their families but the entire community.

"It's with heavy hearts and the deepest condolences on behalf of every citizen in Elliot Lake that we offer our condolences to the families," he said.

THE CANADIAN PRESS

Premier grieves, too

"We live in a big province, but it feels a lot smaller at a time like this as Ontarians come together to support the people of Elliot Lake. Together, we will lift them up as they recover from this tragedy."

Premier Dalton McGuinty

Cuts put rescue teams at risk, feds told

The Harper government was warned cutting federal funding would likely cripple rescue teams like the one working at a caved-in mall in Elliot Lake, Ont.

Public Safety Canada evaluated the Heavy Urban Search and Rescue units five years ago and found that without funding from Ottawa, there was a risk some or all of the teams would not survive.

"There is a need for the federal government to continue contributions to build capacity and capability for teams focused on Heavy Urban Search and Rescue," the report found.

A Heavy Urban Search and Rescue unit from Toronto has been leading operations in Elliot Lake, where a mall roof collapsed Saturday afternoon. Two bodies have been found.

The September 2007 Public Safety report lauded the teams as a "national resource." The units are based in Vancouver, Calgary, Toronto, Halifax and Manitoba.

The lion's share of funding for Canada's five Heavy Urban Search and Rescue units comes from the federal Joint Emergency Preparedness Program. But the Conservatives quietly axed the program in the March budget.

A Public Safety official told the Ontario Association of Fire Chiefs in April that federal funding for the Joint Emergency Preparedness Program will end next year.

THE CANADIAN PRESS

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Queen, IRA icon's grip-and-grin symbolizes truce

Irish republicanism. Queen kept smiling as she shared a stage with a man linked to the killing of her cousin Lord Louis Mountbatten

Queen Elizabeth II and a former Irish Republican Army commander offered each other the hand of peace Wednesday in a long-awaited encounter symbolizing Northern Ireland's progress in achieving reconciliation after decades of violence.

The monarch and Martin McGuinness met privately inside Belfast's riverside Lyric Theatre during a cross-community arts event featuring Northern Ireland musicians, poets and artists.

Media were barred from seeing their first handshake during an ice-breaker over coffee and tea. But the two shook hands again a half-hour later for the cameras' benefit, documenting a moment that would have been inconceivable back in the days when IRA leaders were plotting to kill the British royal family. McGuinness' Irish nationalist Sinn Fein party had never attended a royal function before.

Underlying the sensitivity of the occasion, no live footage or sound was permitted to be broadcast. Outside, flak-jacketed police shut down all roads surrounding the theatre and told residents to stay inside their homes.

Both smiled broadly as McGuinness took the Queen's white-gloved hand and spoke to her for about five seconds. Afterward McGuinness said he had told her in Gaelic — a language neither of them speaks — "SIDan agus beannacht" and told her this meant "goodbye and godspeed." The latter word actually means "blessing."

The 86-year-old head of state, resplendent in a suit and broad-brimmed hat of matching apple green, didn't speak but kept smiling as she shared a stage with a man linked to the killing of her cousin Lord Louis Mountbatten. Experts on Irish republicanism say McGuinness, 62, was the IRA's chief of staff when the outlawed group blew up Mountbatten's yacht in 1979, killing the 79-year-old and three others. THE ASSOCIATED PRESS

Let it reign?

"If I may give voice to the oft-declared desire of the people of Northern Ireland, on whose loyalty and support you can always depend: Long may you reign over us."

Peter Robinson, the Protestant head of Northern Ireland's power-sharing government. Martin McGuinness did not attend this part of the royal ceremonies.

Britain's Queen Elizabeth II shakes hands with Northern Ireland Deputy First Minister Martin McGuinness, a former IRA commander, as First Minister Peter Robinson watches in Belfast on Wednesday. PAUL FAITH/THE ASSOCIATED PRESS

Compromise

It's been a long time coming

The event marked the latest moment in Northern Ireland peacemaking that has delivered a series of once-unthinkable moments of compromise.

Irish republicans long had rebuffed invitations to attend British royal events that occur regularly in Northern Ireland. But analysts said McGuinness' U-turn became inevitable once the Queen made her first state visit to the Republic of Ireland in May 2011, where she honoured Irish rebels who died fighting for independence. THE ASSOCIATED PRESS

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Monsoon rains prove deadly in Bangladesh

Dozens dead.
Landslides bury flimsy huts with families asleep inside

Landslides and floods caused by heavy monsoon rains killed at least 91 people in southern Bangladesh and many more were missing, the government said Wednesday.

Officials said the landslides occurred mainly in remote villages with poor roads, making rescue work more difficult.

At least 37 died in Cox's Bazar, 33 in neighbouring Bandarban and another 21 in Chittagong, mostly in a series of landslides, the Disaster Management Ministry said. It said soldiers were joining the search for the missing.

Three days of torrential rain in the region of small hills and forests dislodged huge chunks of earth, which buried flimsy huts where families were sleeping late Tuesday and early Wednesday. Many homeless people live at the foot of the hills or close to them despite warnings from authorities.

Many of the dead were women and children, officials said. In Bandarban an 11-year-old boy was the only member of his family to survive because he was away when mud buried his hut. His parents and three siblings perished.

"I could survive because I was visiting a relative," said the boy, Rafiqul Islam. "The rain had kept me from returning home."

Monsoon floods are common in Bangladesh, a delta nation of 160 million people.

Volunteers using loudspeakers warned people about the danger of landslides during the rains, said Jaynul Bari, a government administrator in Cox's Bazar. The floods inundated dozens of villages and were disrupting communications in the region.

Flood waters covered many roads and washed away a railway bridge, snapping road and rail links between Dhaka and the three districts. An airport in Chittagong was closed after floodwaters swamped its runway, but reopened Wednesday after the rains stopped, officials said. The government said relief workers were distributing rice and water to hundreds of displaced people.

THE ASSOCIATED PRESS

Quoted

"I could survive because I was visiting a relative. The rain had kept me from returning home."

Rafiqul Islam, 11, the only member of his family to survive

A Bangladeshi woman, left, whose relative died in a landslide is consoled by another on the outskirts of Chittagong, Bangladesh, on Wednesday.

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Marijuana. Examiner rules out bath salts in Miami cannibal case

A Florida medical examiner says only marijuana was found in the system of a Florida man shot while chewing another man's face.

The Miami-Dade County Medical Examiner released the toxicology results Tuesday on 31-year-old Rudy Eugene. Lab results found marijuana in his system, but not any other street drugs, alcohol or prescription drugs. The department has ruled out the most common components found in the street drugs known as bath salts. An outside forensic toxicology lab also confirmed the results. THE ASSOCIATED PRESS

The attack

Surveillance video captured 65-year-old Ronald Poppo being attacked by Rudy Eugene on May 26.

- A police officer shot and killed Eugene, who bit into Poppo's face in broad daylight alongside a busy highway.
- Police have not released a motive for the attack on Poppo, who had been homeless for decades.

Intellectuals

Russians call for release of jailed punk feminists

Dozens of Russian intellectuals have signed an open letter calling on the Kremlin to release feminist punk rockers who face up to seven years in jail for staging a prank prayer against President Vladimir Putin. Three members of the Pussy Riot band were arrested after their February prank prayer at Moscow's Christ the Savior cathedral, in which they asked Mother Mary to deliver Russia from Putin's return to the Kremlin for a third term. The letter, signed by at least 112 writers, film stars and rock musicians says that the upcoming trial would divide Russian society. THE ASSOCIATED PRESS

Canadian, Chinese militaries proving good sports on the pitch

Chinese sailors belt out their national anthem prior to a friendly soccer game between members of the Canadian navy and their Chinese counterparts at Saint Mary's University on Wednesday morning. RYAN TAPLIN/METRO IN HALIFAX

Soccer. Chinese navy vessel docked in Halifax during globe-spanning goodwill tour

For Canadian and Chinese military personnel, bridging the language barrier can be difficult.

Few from either country spoke the other's language at Huskies Stadium in Halifax on Wednesday morning, aside from some interpreters and an embassy representative.

But no matter one's native tongue, Capt. Richard Gravel, commanding officer at Fleet Maintenance Facility Cape Scott, said everyone understands the camaraderie of a good, friendly game of soccer.

"It's a great way to make friends. Even if you don't talk to each other, sport is the great equalizer," Gravel said, while watching from action from the stadium sidelines on the Saint Mary's University campus.

"You shake the guy's hand and pick him up if you knock him down. Sport is a great way to get together and have some friendly competition."

Members of the Canadian navy and a few representatives from the army and air force played crew-members of the Zheng He, a Chinese ship docked in Halifax this week, as part of the Chinese navy's first visit to the city.

The Zheng He has been on a worldwide trip for the last two months to spread goodwill among China's allies. It visited Europe and parts of Asia before heading here. It will leave on Thursday, bound for Jamaica and Ecuador.

Senior officers from Canada and China had been meeting since the vessel arrived Monday, but for the majority of the crew-members the match was their first chance to meet face to face.

"It's a symbol of friendship and co-operation between the Chinese navy and Canadian Forces," said Bin Zheng, a representative from the Chinese Embassy in Ottawa.

"It's important for us to know each other and understand each other and pave the road for future co-operation."

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Church scandal. Singer Sun Ho's pastor hubby charged with giant fraud

The founder of one of Singapore's largest evangelical churches was charged with fraud Wednesday for allegedly funnelling millions of dollars to his wife's singing career.

His wife, Ho Yeow Sun, is known professionally as Sun Ho.

She was not charged.

City Harvest Church founder Kong Hee, 47, was charged with three counts of conspiracy to commit criminal breach of trust in connection with a scheme to syphon about $18 million US of church funds from 2007 to 2010.

Kong did not enter a plea and was freed on $390,000 US bail after his passport was seized.

He would face up to 20 years in prison or a fine for each charge if found guilty.

He did not comment on the accusations in court but earlier had tweeted that he trusted Jesus and referred to Tuesday — the day he was arrested — as a "tough day."

He tweeted: "Tough day. I trust in You, Lord Jesus. Thy kingdom come, Thy will be done!"

Prosecutors also charged four other church leaders with breach of trust and conspiracy to commit falsification of accounts.

The charges follow a two-year police investigation sparked by local media reports that depicted Ho's lavish lifestyle, including a $20,000-a-month Los Angeles mansion.

Deputy Prime Minister Teo Chee Hean said the church is free to hold regular services.

City Harvest, which has a congregation of more than 30,000 people, said church operations would continue as usual and declined to comment on the case.

THE ASSOCIATED PRESS

Mandarin, English

Singer Sun Ho has put out several Mandarin and English pop albums and songs.

- In 2007, she collaborated with Wyclef Jean on a production called China Wine.

Medical oddity. Baby's tumour weighed 15 kg ... but he weighed only 12

Mexican doctors say they have removed a 15-kilogram tumour from the body of a two-year-old child who weighed only 12 kilograms.

Dr. Gustavo Hernandez says Jesus Rodriguez from the northern state of Durango was born with a lump that eventually covered the right side of his body from his armpit to his hip.

Hernandez says it took doctors at the La Raza Medical Centre in Mexico City 10 hours to remove the tumour on June 14. Hernandez, director of pediatrics at La Raza hospital, says the boy is recovering and doing well.

The doctor also said it was the first time Mexican doctors have removed a tumour bigger than the person carrying it.

THE ASSOCIATED PRESS

Medical imaging technology shows two-year-old Jesus Rodriguez and his giant tumour. It weighed more than he did. THE ASSOCIATED PRESS

Zoo horror

Chimp mourns murdered baby

The mother of a baby chimpanzee that was killed by an adult male while Los Angeles Zoo visitors watched has been allowed to keep the infant's body overnight.

The zoo said leaving the dead baby with the mother gave her an opportunity to grieve after Tuesday's attack.

Experts say attacks by males on small offspring of other chimpanzees occur often in the wild and in captivity.

THE ASSOCIATED PRESS

Norway massacre

A new psych ward, just for Breivik

Even if found criminally insane, confessed mass killer Anders Behring Breivik is likely to remain inside the prison where he has been held since his bomb and gun attacks in July.

Norway's Health Directorate on Wednesday approved plans to build a psychiatric ward inside Oslo's Ila Prison, specially designed for the 33-year-old right-wing extremist.

The self-styled anti-Muslim militant admitted killing 77 people last July.

THE ASSOCIATED PRESS

Lords not laughing?

U.K. gets set to ditch the dukes

Can Britain's government ditch the dukes and eject the earls?

Prime Minister David Cameron on Wednesday set out plans to replace Britain's 700-year-old House of Lords, the country's unelected upper chamber, with a smaller, mostly elected, body.

THE ASSOCIATED PRESS

Garlic heist

Something smells about this case

Austrian police didn't need dogs to locate this suspected heist — 9.5 tons of garlic.

Police just followed the odour and stopped three vans about to cross into Hungary from Austria. Five men have been charged with receiving stolen goods.

THE ASSOCIATED PRESS

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Toronto lawyer announces her bid to lead Liberals

Official contender.
Deborah Coyne was involved in opposing the Meech Lake and Charlottetown accords; had a daughter with Pierre Trudeau

Deborah Coyne CONTRIBUTED

Toronto lawyer and constitutional expert Deborah Coyne has jumped into the Liberal leadership race with a call for a strong national government to replace Stephen Harper's "absentee federalism."

Coyne launched her bid to lead the party Wednesday, using her website to outline her platform.

She says the Liberal party can be rebuilt as a "party of principle and bold national leadership."

"People really don't think the national government has much meaning in their lives. They just think of us as a disconnected collection of provinces, a nation in name only," Coyne said in an interview.

"I see entirely a lot of space for principled politics and a third party."

Coyne, who had a child with Pierre Trudeau, is the first big-name contender to enter the fledgling leadership contest. Their daughter, Sarah, was born in 1991 and is now attending university in the United States.

Bob Rae's recent decision not to run has thrown the race wide open. Other potential contenders include MPs Marc Garneau, David McGuinty and Dominic LeBlanc as well as former MPs like Martha Hall Findlay and Gerard Kennedy.

But all eyes are on Trudeau's son Justin, the MP for Papineau, who has admitted he is rethinking his initial decision to stay out of the race that will be decided next April.

Trudeau appears to be the favourite of Canadians in the early days of this contest, thanks largely to his family name. Coyne says she hasn't spoken with Trudeau about her leadership ambitions.

"The two families have been very separate since the beginning," Coyne said. "I wish him well — he's got a young family, he's in public life, he's doing great things. If we both get in, that's absolutely fine," she said.

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Residents evacuate as Colorado wildfire torches houses, land

Waldo Canyon Fire.
No injuries reported yet as fire burns through about 4 hectares of Air Force Academy land

The Waldo Canyon fire burns an entire neighborhood near the foothills of Colorado Springs, Colo., late Tuesday. HELEN H. RICHARDSON/THE DENVER POST/THE ASSOCIATED PRESS

A raging wildfire destroyed dozens of houses overnight and charred land on the edges of the U.S. Air Force Academy on Wednesday, while thick smoke and intense, towering flames kept officials from learning the full scope of damage to Colorado's second-largest city.

The wildfire doubled in size overnight to about 62 square kilometres, and has so far forced mandatory evacuations for more than 32,000 residents, Colorado Springs emergency-management director Brett Waters said. Among those urgently evacuated Tuesday evening were residents at the academy.

The fire burned about four hectares of land along the southwest boundary of the academy's 72.5-square-kilometre boundary, but no injuries or damage to academy structures have been reported.

Steve Cox, an aide to Mayor Steve Bach, said Wednesday morning that the blaze has consumed dozens of houses elsewhere. A more precise figure wasn't available because of the intensity of the fire.

Heavy smoke and ash billowed from the mountain foothills west of the city. Bright yellow and orange flames flared in the night, often signalling another home lost to the Waldo Canyon Fire, which is the No. 1 priority for U.S. firefighters.

The White House said President Barack Obama would tour the fire area on Friday. THE ASSOCIATED PRESS

Blazing West

Extreme heat has caused more wildfires in Western states.

- A blaze in central Utah has burned down 56 structures, the majority of which are homes, officials said Wednesday. Authorities are about halfway through their damage assessment of a fire that has burned about 18,616 hectares. Officials returned to an evacuated area and found a woman dead Tuesday.
- A wildfire north of Billings, Mont., caused hundreds of families to be evacuated from their homes as the blaze burned more than 7,285 hectares. Musselshell County Attorney Kent Sipe told The Billings Gazette that at least 60 homes had burned.

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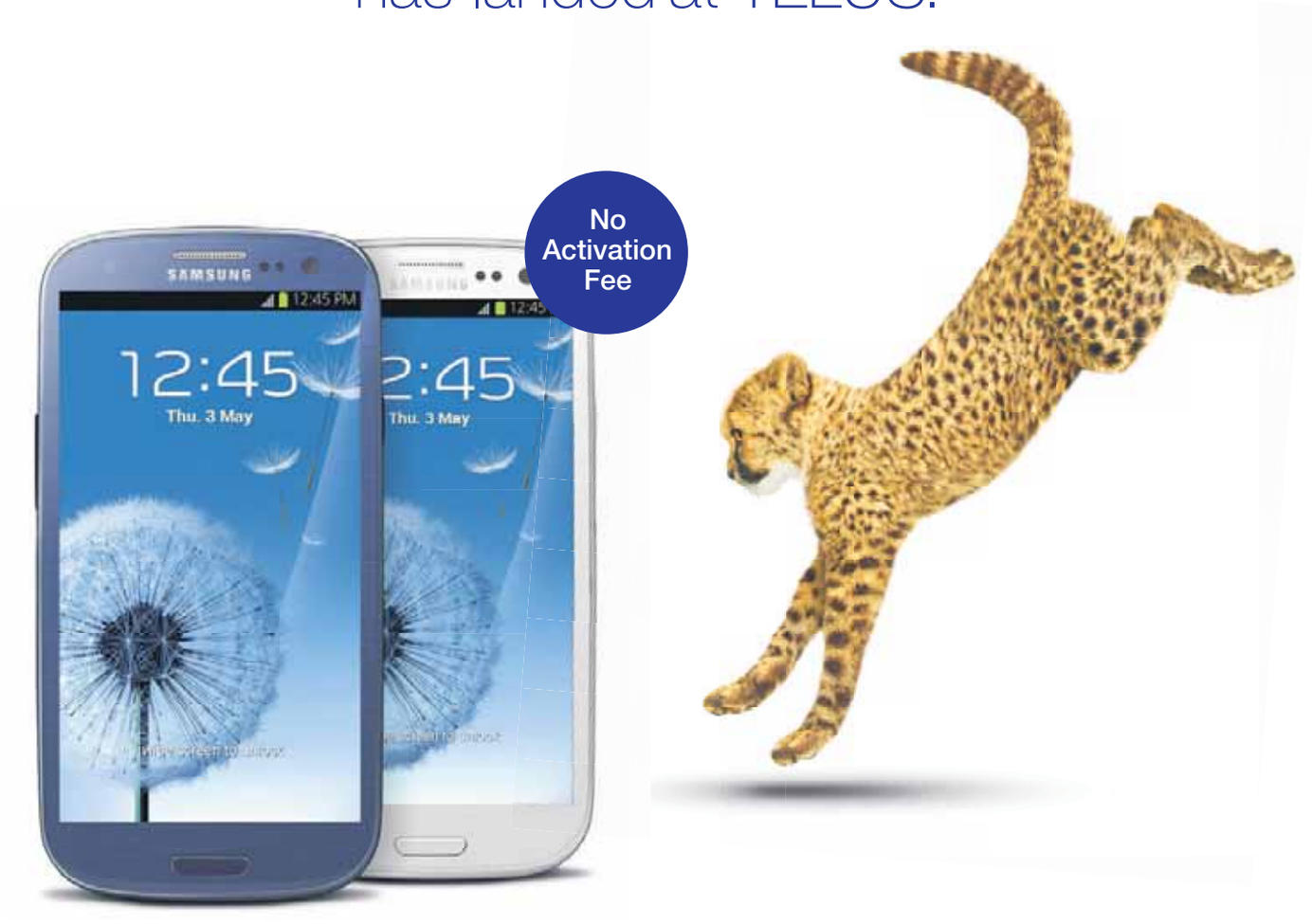

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Banned pedophilia group may appeal for right to exist

Norway. The group is calling the move to ban it an attack on 'freedom of expression'

A Dutch court outlawed a pedophile association Wednesday, saying its promotion of sexual contact between adults and children breaches the country's generally accepted moral values.

The civil court in Assen ordered the association, Martijn, to immediately be dissolved.

The court said in a statement that Martijn is a threat to public order because it "glorifies sexual contact (between adults and children) and presents it as something that should be normal and acceptable."

Its chairman, Marthijn Uittenbogaard, called the decision "an attack on the freedom of expression."

"We are not happy and we are considering whether to appeal," he said in a telephone interview.

The organization says on its website it was established in 1982 in the traditionally tolerant Netherlands as a "platform for discussion of pedophilia." It was largely ignored for years, but has been under attack more recently from lawmakers and prosecutors who wanted it banned. Such groups are almost unknown elsewhere in Europe, despite many countries' history of safeguarding freedom of expression.

Martijn's former chairman, Ad van den Berg, was convicted last year of child-porn possession and sentenced to three years in prison. Van den Berg claimed the images and films were for scientific research.

The group said in a statement last month that the court should not honour the public prosecutor's request for a ban, saying it had never committed a crime. "It is naive to think that banning Martijn will make pedophiles disappear," the group, which claimed to have 60 Dutch members, said.

Prosecutors who sought the ban said they were satisfied with the court's decision.

THE ASSOCIATED PRESS

Royal criticism

- Martijn also made headlines in 2007 when a member posted on the group's website photos of the then three-year-old Princess Amalia, daughter of the heir to the Dutch throne.
- The royal house went to court and won an injunction barring Martijn from publishing such photos on its site and Crown Prince Willem-Alexander harshly criticized the group for using the pictures.

Love thy neighbour

Neighbours and supporters of an Ecuadorian family about to be evicted throw water over the police as they break down the door of the family's home in Oviedo, Spain, Wednesday. The family could not keep up mortgage payments. Seventeen people locked themselves in the apartment and around 200 people gathered outside to try and stop the eviction. JAVIER BAULUZ/PERIODISMO HUMANO/THE ASSOCIATED PRESS

Free Speech. Comedians defend tweeter

Comedian Stephen Fry is among those supporting a British man appealing his conviction for tweeting that he would blow up an airport if his flight was cancelled.

Paul Chambers became an Internet free-speech cause célèbre when he was fined in 2010 for using Twitter to make his comment about Robin Hood Airport in northern England.

Chambers' high-profile supporters include Fry and British comedian Al Murray. Both accompanied Chambers to court Wednesday for an appeals hearing.

Chambers insists he was joking, but a court convicted him of sending menacing or offensive messages.

His lawyer argued that by that measure, William Shakespeare could have been convicted for quipping, "Let's kill all the lawyers."

One judge responded Wednesday: "That was a good joke in 1600 and it is still a good joke now."

THE ASSOCIATED PRESS

Smoking linked to rare sleep disorder

New research. Study of almost 350 people with REM sleep behaviour disorder finds several potential risk factors

Smoking and pesticide exposure appear to be strong risk factors for a rare disorder that causes people to physically act out their dreams while asleep, even to the extent of punching and kicking their bedmates, research suggests.

Individuals with REM sleep behaviour disorder (RBD) do not exhibit the reduced muscle tone — called atonia — that usually occurs during sleep, leaving them able to move freely.

"Essentially, all of us normally are paralyzed when we go into our REM sleep," said Dr. Ron Postuma, a neurologist at McGill University who led the study, conducted at 13 sites in 10 countries. "So we're having very vivid dreams, but we don't move. Our eyes will move and we'll breathe, but that's it."

Expert

"Essentially, all of us normally are paralyzed when we go into our REM sleep."

Dr. Ron Postuma, McGill University neurologist

In people with RBD, the body system that keeps sleepers paralyzed stops working, so whatever a person dreams, they are capable of doing.

In their study, researchers found that those with the disorder were 43 per cent more likely to be smokers. Two-thirds were more likely to have worked as farmers, and were more than twice as likely to have been exposed to pesticides. THE CANADIAN PRESS

Tragic example

People with the disorder can unknowingly punch, kick and even throttle their bed partners.

- In 2009, a British man strangled his wife to death while the couple were camping. Falling asleep with the sound of people in the campground "yelling and screaming," Brian Thomas dreamed he and his wife Christine were being attacked, and in his sleep state tried to defend her by choking an imagined attacker.
- He was declared not guilty because of his disorder.

Watermelon 2.0

JA (Japan Agricultural Cooperation) Kagawa employees arrange cubic watermelons to be shipped in Zentsuji city, Kagawa Prefecture, western Japan, Wednesday. The 19-by-19-by-19-centimetre fruits, grown in transparent square containers, will be sold for 10,000 yen ($125 US) each. KYODO NEWS/THE ASSOCIATED PRESS

Blair. Ex-U.K. prime minister would 'love' to lead country again

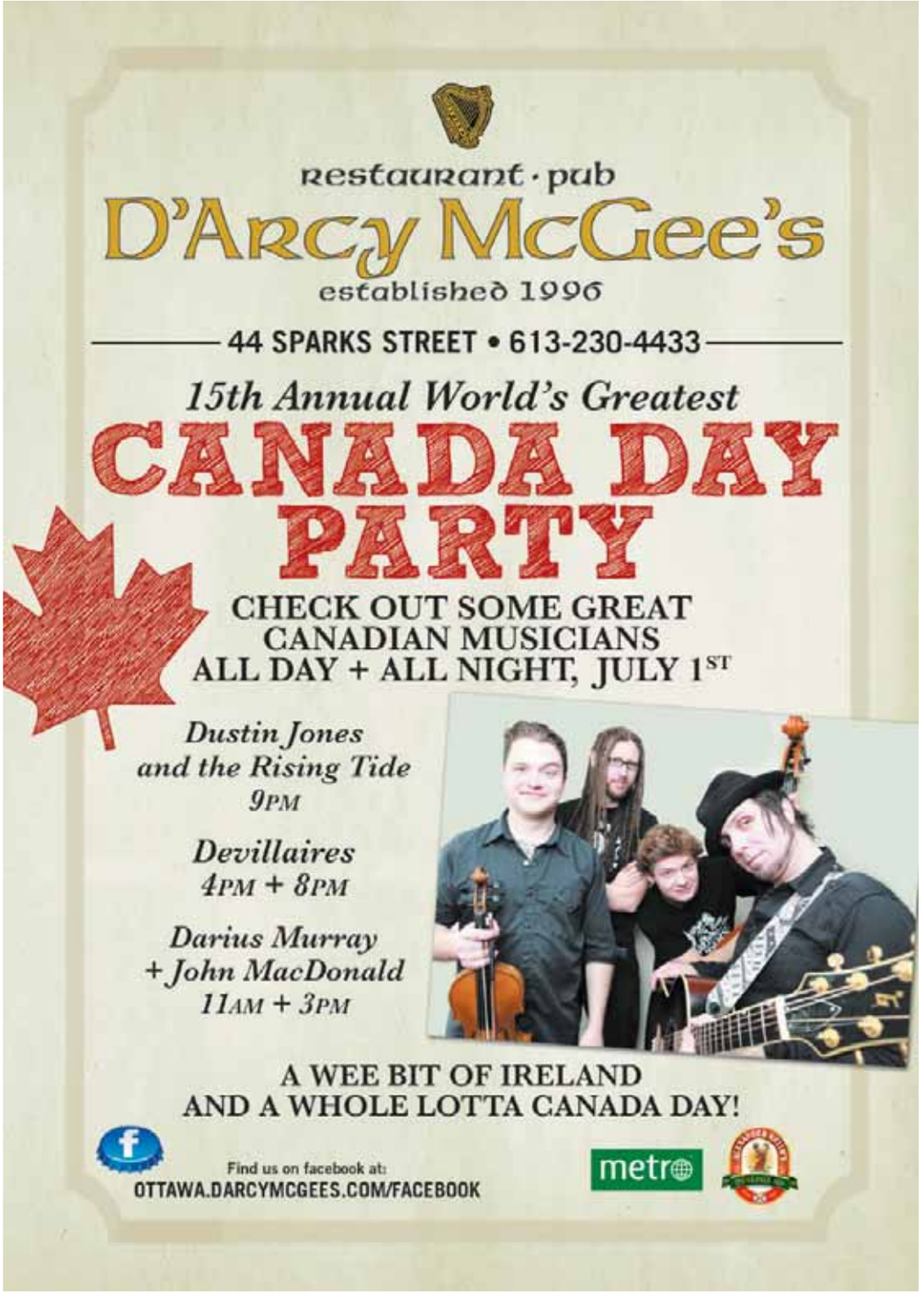
Tony Blair said Wednesday that he would love a chance to return as Britain's prime minister — but acknowledged a comeback is extremely unlikely.

In an interview to mark the fifth anniversary of his departure from office, the 59-year-old suggested how he believed the Labour Party that he led for 13 years could return to power — urging his successor not to abandon the political centre ground.

Blair, who became Labour leader in 1994 and British chief in 1997, resigned in June 2007 — hurried out of power by supporters of his restive Treasury chief Gordon Brown, who had long desired to lead the country but lasted less than three years once he captured the post.

Asked if he would welcome a return as prime minister, Blair was quoted by London's Evening Standard as saying: "Yes, sure, but it's not likely to happen is it ..."

The Labour Party was ousted from office in May 2010, when no party won an overall majority in a national election — leading the once-rival Conservative Party and Liberal Democrats to form an unlikely coalition. THE ASSOCIATED PRESS



VIA Rail to cut services nationwide

'Customer needs'. Government-owned passenger-rail service announces its plan to cut 200 unionized jobs

VIA Rail expects to cut 200 unionized jobs, or about nine per cent of its workforce, as the government-owned passenger-rail service reduces trips on lines across the country.

No routes are being eliminated, and some in the busy Montreal-Toronto corridor will be increased. But by the end of October, routes in most other areas will see less-frequent service.

"We are aligning our services with customer needs and consolidating our resources where there is a demand," VIA president and CEO Marc Laliberte said Wednesday.

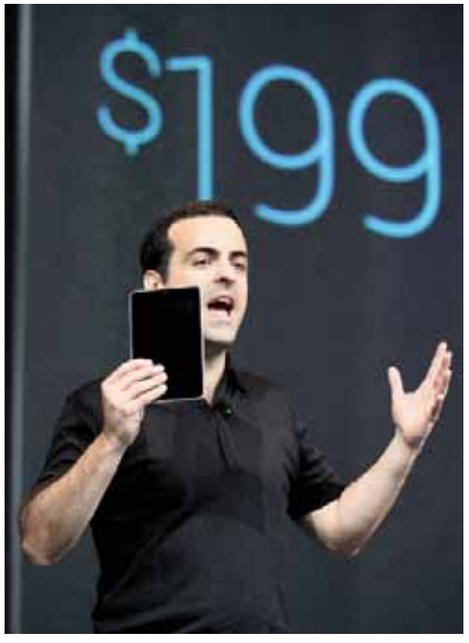
Trip frequencies are being cut on some of big routes, including the Montreal to Halifax line — "The Ocean" — which will be cut to three from six round trips a week.

In the West, "The Canadian" — VIA's only Toronto-to-Vancouver route — will be reduced to two from three round trips a week in the off-season (October to April). Service during peak season will remain at three trips weekly.

There will also be reductions in southwestern Ontario, where GO Transit and other services are available to commuters. London, Aldershot, Kitchener, Niagara Falls and other cities will see reduced VIA service.

The cuts come after the federal government's March budget which cut $41 million in subsidies to VIA over three years, but the company insists the trip reductions and job losses are driven by weak off-season demand.

THE CANADIAN PRESS



Google challenges Amazon

Product-management director Hugo Barra, at the Google I/O conference in San Francisco on Wednesday, unveils Google's challenge to Amazon's Kindle Fire — the new Google Nexus7, which will sell for $199 US. Google also made prototypes of its futuristic, Internet-connected glasses available for people to test out. Project Glass will only be sold for $1,500 to people attending its annual conference for computer programmers.

PAUL SAKUMA/THE ASSOCIATED PRESS

Public service. Tories issue more layoff notifications

A fourth wave of job-loss notifications washed over the federal public service Wednesday as the Conservatives appeared to be trying to shore up support for the cuts.

Union leaders reported that just over 5,000 employees in more than 13 departments were told they could lose their jobs as the government seeks to slash spending.

The job-loss notices were juxtaposed with a series of Conservative government press releases highlighting both spending and saving initiatives.

Unions have long accused the government of being too secretive about the cuts, and their concerns were bolstered last week by another battle in the continuing war between the parliamentary budget officer and the Tories.

Kevin Page published a legal opinion stating that 64 federal departments and agencies are breaking the law by withholding basic information on the 2012 budget from him, prompting the government to accuse him of overstepping his mandate.

THE CANADIAN PRESS

Public disservice

"We need Stephen Harper and his ministers to stop hiding behind spin and start talking to all Canadians about the services we are losing."

Robyn Benson, president of the Public Service Alliance of Canada

Market Minute

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Apple, Megaupload founders slam U.S. piracy case

Apple cofounder Steve Wozniak, right, and Kim Dotcom, founder of file-sharing site Megaupload, stand together in Auckland, New Zealand, in May. Wozniak and Dotcom spoke out against the U.S. piracy case in separate interviews on Wednesday. KIM DOTCOM/THE ASSOCIATED PRESS

Apple cofounder Steve Wozniak says the U.S. piracy case against Kim Dotcom is "hokey" and a threat to Internet innovation.

Dotcom, the flamboyant founder of file-sharing site Megaupload, is accused by federal authorities of facilitating Internet piracy on a massive scale. Charged with racketeering and money laundering, he's fighting U.S. attempts to extradite him from New Zealand.

Wozniak said he was visiting New Zealand last month to give a speech when he learned Dotcom couldn't come to see him because he was under house arrest. So Wozniak said he visited Dotcom and the two have kept in touch by email since.

"It's just kind of ridiculous what they did to his life," Wozniak said in a telephone interview. "An awful lot of Kiwis support him. The U.S. government is on thin ground."

Wozniak said plenty of people used Megaupload for legitimate purposes before federal authorities shut it down in January and filed criminal charges against seven of its officers, including Dotcom. In a dramatic raid the same month, New Zealand police swooped down in helicopters onto the grounds of Dotcom's mansion and cut their way into a safe room where they found him hiding. He was jailed for a month before a judge decided he could be monitored from his home.

U.S. authorities allege in their indictment that Dotcom and Megaupload deliberately thwarted attempts to remove pirated material from the site by removing individual links but not the pirated content. Prosecutors claim the "mega conspiracy" netted Dotcom and others $175 million in illicit advertising revenue and download fees.

THE ASSOCIATED PRESS

Convictions

Born Kim Schmitz in Germany, Dotcom, who changed his name in 2005, has been in trouble before.

- He was convicted in 1998 in Germany of computer fraud and dealing in stolen phone cards.
- In 2002, he was convicted of manipulating the stock price of an Internet startup.

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In-car technology. Ford exec says company's battle with Apple is 'overblown'

Ford executive chairman Bill Ford says the apparent battle between the car company and tech behemoth Apple is "overblown."

At a recent event for software developers, in which Apple announced a host of upcoming features for its mobile operating system, it was revealed that nine auto companies plan to unveil in-car technology based on the popular Siri voice recognition system.

Audi, BMW, Chrysler, General Motors, Honda, Jaguar, Land Rover, Mercedes and Toyota were on the list, but noticeably absent was Ford, which arguably has made the largest push to bring connectivity to the car market.

THE CANADIAN PRESS

Hyperbole

"I'm not sure we'd view it as a looming battle."

Ford executive chairman Bill Ford

Patent suit. Judge orders Samsung to halt sales of Galaxy tablet computer

A judge late Tuesday ordered Samsung Electronics Co. to halt sales of its Galaxy 10.1 tablet computer while the court considers Apple's claim the South Korean tech giant illegally copied the design of the popular iPad.

U.S. District Judge Lucy Koh said Apple Inc.'s lawsuit appeared likely to prevail.

"Apple has established a strong case on the merits," Koh said.

Koh had earlier said the two products are "virtually indistinguishable," but she declined in December to take the dramatic step of prohibiting sales of the Galaxy 10.1. She changed her mind after the U.S. Court of Appeals for the Federal Circuit told Koh to take another look at Apple's request for an injunction, ruling June 19 that it appeared the Cupertino-based company had a strong case. The Washington, D.C., court handles most patent appeals.

Samsung said it was disappointed with the court's decision. THE ASSOCIATED PRESS

MYTH BUSTERS: NEWSROOM EDITION

HE SAYS...
John Mazerolle
metronews.ca/hesays

It's unanimous: Journalists love Aaron Sorkin's The Newsroom.

That's not to say they enjoy the new TV show. The critical consensus according to Metacritic is "generally causing critics to throw up in their mouths a little."

But journalists love the chance it gives us to gaze at our navels. In this case, we media types love to tut-tut when something happens on a fictional news show that wouldn't happen in real life.

Sure, we can watch an Indiana Jones movie and never think, "An archeologist probably wouldn't use a 5,000-year-old religious artifact as a snowboard, even if he was being chased by a Panzer tank."

But if we're watching a television show about news, suddenly we demand TV be a perfect reflection of reality. "He's having a beer at lunch!" We crow, "He'll be sleepy all afternoon! And he's figuring out the tip without his phone! So he can do math?! While you're at it, why don't you give him X-ray vision?"

We're a bit defensive because we're misunderstood. About 10 per cent of the population thinks we're noble crusaders against tyranny and injustice, an expectation that only a scant few live up to. And about 90 per cent of the population thinks we're pond scum.

With that in mind, here are some myths and realities about journalists I keep stored in my navel. Let's clear a few things up.

MYTH: Given The Newsroom is a Sorkin production, you can bet the characters will constantly be walking and talking. They'll barge into offices, they'll talk as they barrel down hallways. It's an important world, and they are on the move.

REALITY: Most journalists spend so much time in their chairs that their posture is roughly equivalent to Gollum from The Lord of the Rings. (Exception: People on their way to a smoke break.)

MYTH: We're all lefty pinkos.

REALITY: We're mostly lefty pinkos.

MYTH: Retweets are not endorsements.

REALITY: Yeah, sure.

MYTH: We are evil and smart. Just read the comments underneath online stories. (WARNING: By comment No. 10, this will officially drop your IQ to "avocado.") Comments teach us that reporters are liberal/conservative minions of the NDP/Conservatives who slant every story to bolster high taxes/the oilsands.

REALITY: We are well-meaning and not that bright. Most journalists want to make the world a better place, but don't have the first clue how to do that. So instead we write pieces that, for instance, illustrate that people at the gas station don't like high gas prices. (Also, most journalists have stopped reading the comments, so feel free to stop writing them.)

MYTH: We are well paid.

REALITY: Three words: Ha ha ha.

To sum up, we reporters are unhealthy, disillusioned, sarcastic and do not value your opinion. I hope that clears up any negative preconceptions you may have had.

And if you disagree with anything I said here, please, send me a comment.

Jeff Daniels in The Newsroom. CONTRIBUTED

Making footprints beak-ause

CAMERON SPENCER/GETTY IMAGES PHOTOS

Elephant conservation

Penguin stomps his feet for a cause

A Fiordland penguin named Mr. Munro leaves his paint prints on a canvas at Taronga Zoo Wednesday in Sydney, Australia. Taronga and Western Plains Zoo pledged a new elephant-conservation project in Thailand, and animals at Taronga made their pledge by dipping their feet and hands in paint and smudging them on canvas. GETTY IMAGES

Printed with paint

- The animals included an elephant, a Quokka (a small marsupial), a seal and a penguin.
- 4,000 animals at the zoo have dipped their paws in paint to promote awareness of animal conservation.
- In order to protect elephants from humans, two guard stations and a chain of outposts on the park grounds will be built at the Thailand site.

Tuka the Komodo dragon leaves his paw mark.

For a price

$100,000

Taronga, in a joint effort with Zoos Victoria, is helping fund the $100,000 project.

Metropolitan Panel

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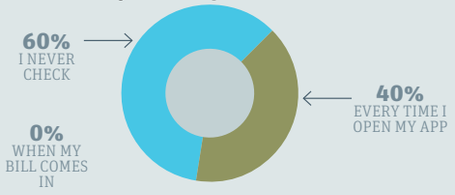

Twitter

@TheCodyRoss:
My whole life, aside from few necessary exclusions has fit into four boxes. That rules. #Ottawa #change

@werewolfblitzer:
Two teenage boys on the bus looking at wedding rings online. Huh? #ottawa #kidsthesedays

@d_a_n_n_i:
still haven't outgrown solo victory celebrations over petty driving related showdowns #417 #Ottawa #iwin

@jaystor:
Man I'm so happy for @DeanDelMastro . I know he loves attention and he's got lots of it! proud of you little Deanie... #cdnpoli #cpc

@MovingBoxesca:
National Capital should have stately "City of #Ottawa POP 900k" welcome signs. Rather than wood posts. #ottcity #ottpoli #ottnews

@TeenyTinyGeorge:
Can't wait for the weekend :) #Ottawa bound for #canadaday

metro

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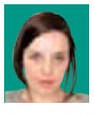
Fourteen-year-old Anita Pari plays piano, cello and also composes — oh, and she's a high school graduate. CONTRIBUTED

Roll over Beethoven, there's a new child prodigy in town

Anita Pari. Ottawa teen pianist performing Thursday and Friday with National Arts Centre's Summer Music Institute



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

At 14, Anita Pari has graduated from high school and is making big plans for her future in music. It's a dream more than 10-years in the making.

"I started playing piano when I was three-years-old in a program called Music For Young Children," says Pari.

"My older sister, Cristella, was six and we were both pretty interested in music so my parents thought it was time for her to start taking music lessons and, although I was a bit young for the program, they decided to take me along."

By the age of seven, Anita stared playing a second instrument, the cello, spending endless hours perfecting her craft.

"For piano, I do about five hours per day of practising and cello, about two hours," she says. "I do as much as I have to for what I want to accomplish in a day."

This fall, Anita will start a full bachelor's program in music at the University of Miami. But, unlike most first-year students, she won't be staying in the dorms.

"I'm too young to stay in the dorms, but the university was able to find us a place on campus that they usually keep for the faculty. But, since my future piano teacher explained that I was too young, they decided to offer me a house that is really close to the music building. My parents will take turns to coming down," she explains.

Pari is looking forward to university and is keen on making new friends.

"I've always been home schooled and I haven't been in any music programs since I was five so there will be lots of people who are also really focused on music," she says.

Performance

- Catch Anita Pari as part of the National Arts Centre's Summer Music Institute (SMI), an intense three-week training program for some of the greatest young musicians, conductors and composers in the world. Capping off their studies, SMI offers a series of concerts performed by its students as they travel to show off their skills to music lovers.

2

SCENE

Scene in brief

Jack White to practise Voodoo

Touring in support of his critically acclaimed debut solo album Blunderbuss, Jack White has been added to the lineup for the 2012 Voodoo Music and Arts Experience. White joins other headliners for the event, set for Oct. 26 to 28, including Grammy-Award-winning trio Green Day and Neil Young & Crazy Horse. Other talent previously announced include The Avett Brothers, electronic dance music star Skrillex, Justice, Tomahawk, Say Anything, funk bassist Bootsy Collins, blues-rock guitarist Gary Clark Jr. and the Preservation Hall Jazz Band.
THE ASSOCIATED PRESS

On the web

Mandy Moore helps Dove promote importance of 'real-women' role models

Happy Birthday, Canada!
101 reasons to feel good about being Canadian this July 1st

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Includes stories from singer-songwriter Amy Sky, NHL-er Matt Duchene, musician Marc Jordan, TV storm chaser George Kourounis, and lyrics from Liona Boyd.

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www.chickensoup.com

Chicken Soup for the Soul

Queen of the rom-com, Nora Ephron leaves behind a trail-blazing legacy

Remembering a humorist. Writer set the standard for mixing comedy and romance, and penning parts for Meg Ryan

NED EHRBAR
Metro World News in Hollywood

Nora Ephron wrote some of the best (and earliest) romantic comedies. GETTY IMAGES

The infamous orgasm scene in When Harry Met Sally was a game-changer for female sexuality in film. HANDOUT

Screenwriter, director and author Nora Ephron died Tuesday in California at the age of 71 after a private battle with leukemia. She leaves behind a body of work that includes When Harry Met Sally, Sleepless and Seattle and Julie and Julia. Here are some things pop culture would be missing without Ephron.

The modern romantic comedy

With films like When Harry Met Sally and Sleepless in Seattle, Ephron set the standard for the rom-coms of today — and everyone else has just been trying to match her. In fact, those two films often end up duking it out for the top spot on Best Romantic Comedy lists.

That orgasm scene

Speaking of When Harry Met Sally, the film's most famous scene features Meg Ryan proving to Billy Crystal just how convincingly a woman can fake an orgasm. But aside from being outrageously funny, it also pushed frank discussions of female sexuality forward in a way mainstream movies usually can't. The scene also turned "I'll have what she's having" into a catchphrase.

Meg Ryan's career

Meg Ryan's greatest screen successes came in a trio of romantic comedies either written or directed by Ephron: When Harry Met Sally, Sleepless in Seattle and You've Got Mail. She's never been better than when working with Ephron.

Meryl Streep as Julia Child

Sure, Streep might have won an Oscar for playing Margaret Thatcher in the Iron Lady and was only nominated for one for Julie and Julia, but her job of transforming into the famous chef was just as amazing — and a lot funnier. Streep also brought Ephron's words to life in Silkwood and Heartburn, the latter based on Ephron's marriage to Carl Bernstein.

Loads of wisdom

Ephron, an avid columnist and author as well as a filmmaker, leaves behind plenty of advice for living a better life, like this gem: "You do get to a certain point in life where you have to realistically, I think, understand that the days are getting shorter, and you can't put things off thinking you'll get to them someday. If you really want to do them, you better do them..."

Celebrities react

- **Billy Crystal, star, When Harry Met Sally.** "I am very sad to learn of Nora's passing. She was a brilliant writer and humorist. Being her Harry to Meg's Sally will always have a special place in my heart. I was very lucky to get to say her words."
- **Rosie O'Donnell, co-star, Sleepless in Seattle.** "I am devastated. Nora was a close friend and will be missed terribly."

Kids get the sum
You get up to 50
The IKEA Summer Sale is on now unti
*Offer valid until July 8, 2012 in Canada only. While supplies last. No rain checks. Selection may vary by store. Not all products available online. Not applicable on previous purchases. See store for details. © Inter IKEA Systems B.V. 20

Charlie Sheen: When life imitates 'art'

Bad boy roles. Star's new comedy Anger Management prompts us to ask the question: just how many of Sheen's roles are based on his real life?

AMBER RAY
Metro World News in New York

In the new FX comedy Anger Management, Charlie Sheen steps into his first leading role post Two and a Half Men meltdown. He plays a former major league ballplayer whose career was cut short due to his anger issues, leading to his new gig as a therapist specializing in anger management. Sound familiar?

But it's hardly the first role Sheen has taken that mines some of his personal exploits for inspiration. We run down his resume for autobiographical cues.

Ferris Bueller's Day Off

Boy in Police Station: Sheen plays a lout blitzed out of his mind who still manages to woo Ferris' sister while she's being questioned in the police station. The details are unconfirmed, but this may very well be how Sheen met his "goddesses."

Platoon

Chris: Sheen's young recruit struggles with the grey area between what is morally right and wrong — perhaps the only time the hard-partying actor has actually contemplated such things.

Wall Street

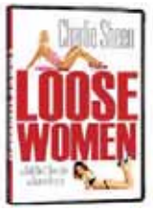
Bud Fox: A stockbroker determined to make a name for himself. See: Sheen's My Violent Torpedo of Truth/Defeat is Not An Option tour.

Major League

Ricky "Wild Man" Vaughn: Sheen played baseball in high school; here he stars as a wild, wildly inaccurate pitcher who becomes an ace after the team's manager realizes he needs eyeglasses.

Hot Shots

Lt. Topper Harley: In this Top Gun spoof, Sheen plays a pilot who is described as "talented but unstable." And how accurate.



Loose Women

Barbie-loving bartender: Self explanatory, No?

Spin City

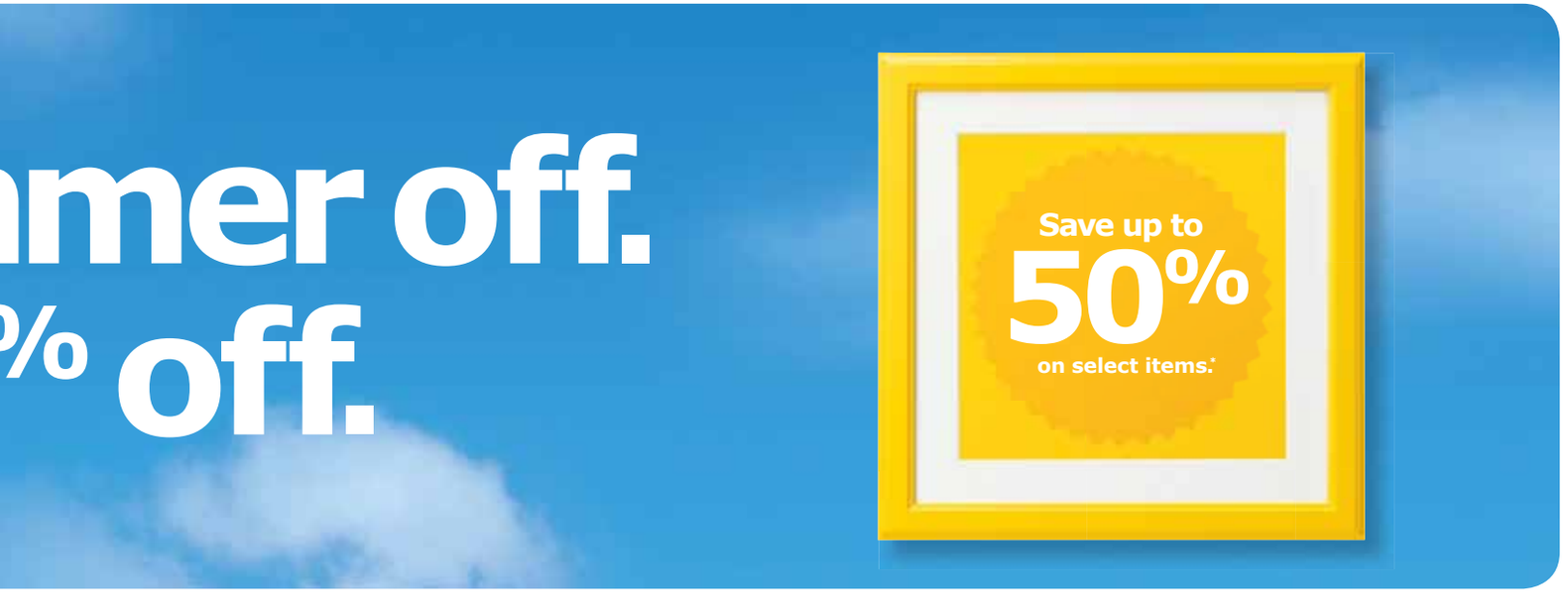
Charlie Crawford: Sheen replaced series star Michael J. Fox as the New York City Deputy Mayor, a slick sarcastic professional who later essentially regressed …

Two and a half Men

Charlie Harper: … into Charlie Harper, the womanizer who became less and less distinguishable between sitcom character and tabloid staple actor.

Anger Management

Charlie Goodson: Charlie Goodson is a reformed bad boy. As for a rehabilitated Charlie Sheen? That remains to be seen.



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Reading Rainbow makes a comeback — as an iPad app

Reading into the future. LeVar Burton and his classic show adapt to a new, tech-savvy generation

JOANIE FERGUSON
Metro World News in New York

LeVar Burton. GETTY IMAGES

Even though Reading Rainbow is no longer on the airwaves, the children's program has not run its course.

Released only Wednesday, the Reading Rainbow iPad app became the No. 1 educational app in less than two days.

LeVar Burton, the app's host (and the co-founder and curator-in-chief for RRKidz, Inc., the company behind it) catches us up with the series' quick turnaround for the newest generation.

How soon after Reading Rainbow stopped airing did you know you needed to adapt it to a new medium?
Fairly immediately. All the press that it got, and that sort of public outcry, was surprising. It really got our attention. We thought, it's not over for this brand. It's ripe for a reinvention of itself, and we started focusing on it immediately.

Why is now the right time to bring the show back?
I think it's just that weird confluence of a lot of factors. When we began this journey, the iPad hadn't even come out yet. And when it did, it really helped inform what we were in the process of figuring out.

Another one of the factors is that there is a whole generation of adults now who grew up on this show, and they really want something that they can share with their kids that they feel good about — that in a world of increasing proliferation of devices and technology, there is at least one thing they can rely on that is good for their kids. Back in the day, your parents didn't need to know what program you were watching if the channel was tuned to PBS, right? And that is what I believe we represent to folks, and our kids as a new enrichment plan for children and their families.

How can parents get their children to enjoy reading?
Find out what your kid loves and get your kid reading material on that subject. It's pretty darn simple.

Kids today...

Metro asked LeVar Burton how technology is changing the reading experience for kids today.

- I think the reading experience itself, the idea of sitting down, whether it's in a book or on an electronic device, and engaging yourself in a narrative, that will never change. Storytelling will never go out of style. Neither will the human desire to travel in our imaginations through good books. It doesn't matter whether it's on a device or in a booklet. I believe we will reach, probably in the not-too-distant future, a decision that it doesn't make much sense anymore to tear down trees to make books.

Photo: Front Page Media
Trombone Shorty performing at Confederation Park, Monday night

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Would you read a book of mashed-up YouTube comments? ISTOCK

YouTube comment mashup book material?

Experimentation.
Two guys take a music concept and bring it to the literary world

MICHELLE CASTILLO
Metro World News in London

We've all heard of mashup artists who take clips of popular songs and put them together to create a new composition. We've seen videos from YouTube users who take clips from other videos and make a new project out of them. Now, two men from Germany have attempted to string together YouTube user comments and create Amazon Kindle eBooks out of them.

"The mashup/remix is the main cultural concept of our times," Ghost Writers co-creator Luc Gross told Metro World News by email.

"(It) always has been. With the universal media — the metamedium computer — this only becomes more obvious."

But, digital publisher Gross — who is also known as "Traumawein" — and Berlin-based programmer and media artist Bernhard Bauch haven't just made mashup books: They've created a product composed of user-generated content that is intended to be sold directly to the user.

Due to the Ghost Writers project, thousands of ebook miniseries composed from user comments flooded the Amazon Kindle database, with titles like "A lot was been hard and Weird song you cute." The project was intended to raise authorship questions about who rightfully owns YouTube comments and videos and inspire other ideas that are conducive to the ebook format.

Gross explained that Bauch created a "comment suckers" program that pulled user comments from the YouTube videos. The themes of the books were drawn from the different Amazon Kindle categories, and then turned into dramas by a "book compiler" program.

The first thousand books they released were about kittens. The last hundred books included topics such as discussions about violence and children who blamed their parents on Facebook.

While the stories might not have been completely grammatically correct, the bots were able to put the comments together in a way that created a cohesive story — a wacky, nonsensical narrative but a story nonetheless.

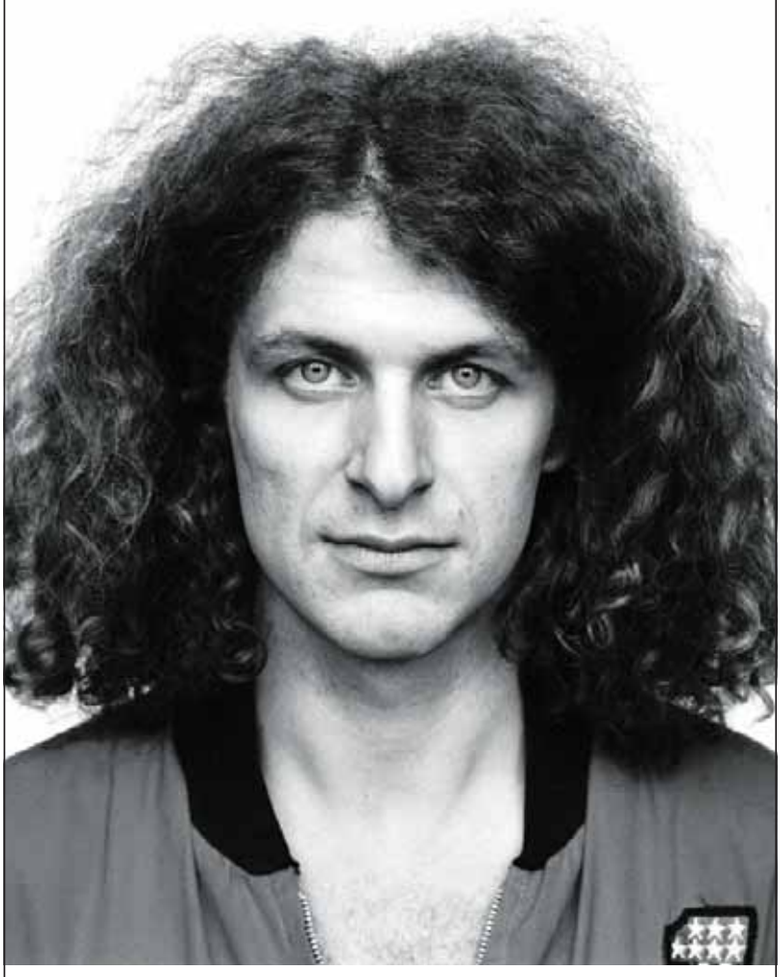
"To us all of those dramas make sense," Gross said. "Besides the stories, they all hold a certain beauty of poetry. It's a YouTube slang on its very own."

Gross' favourite title was "Sparta My Have." "Though the more you hear a title, the more it becomes a classic," he said.

Then Kindle bots placed them for sale on Amazon's ebook database, a service that the artists frequently bought their digital publications from. The creators decided to release a large quantity of books because they felt it would "generate much more impact" than a few selected titles.

Unfortunately, Amazon Kindle pulled all the books because they "could lead to a poor customer experience."

However, the creators intend to release a Twitter stream with all the texts starting June 26.



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Kunstakademie Details (detail 1), 1980, courtesy Susan Hobbs Gallery, Toronto.

Rye Rye serving up POP! with a BANG!

Music. Rapper, whose album showcases 'ghetto house music,' got her start by spitting a verse on a voicemail

REBECCA FINKEL
scene@metronews.ca

Baltimore-based rapper Rye Rye had her breakout hit at 16, but, due to some usual hold-ups, it took almost three years for her debut album to be released.

She kept busy though, performing with M.I.A. and The Neptunes, and recording the theme to 21 Jump Street.

Still baby-voiced and now even brassier-mouthed, Rye Rye is on tour promoting the long-awaited album, GO! POP! BANG!, which is as danceable as it sounds. "It's very upbeat," she tells us. "It's grimy, it's hard and it's fun. It's like ghetto house music."

Rye Rye will be opening for neo-disco act Scissor Sisters Thursday night at Toronto's Sound Academy and Friday night at Olympia de Montreal.

Unlike many young artists, you weren't discovered, you actually promoted yourself — by leaving a rap on Blaqstarr's answering machine. How did you work up the nerve?

I used to write sometimes, poetry or R&B songs. And I randomly wrote a rap song one day. So Blaqstarr was friends with my sister, and he asked me if I knew how to rap. I said no, because I didn't know if I did or not. But it inspired me to write a whole rap song, so I finished it. I kind of wanted to try it, so I was like, "I'll call his phone..." And I was hoping that he didn't answer so that it would go to the answering machine. Because if he would have answered, I probably would have hung up. I don't think I would have done it.

So what happened next?

I went to the club later on that night, and I ran into him. And he was like, "I really liked the first verse to your song, can you spit it for us right here?" And I was like, "No way! I'm hot, I'm sweaty, I just got done dancing..." I was basically just being shy, and I left... But eventually we started working in the studio together.

In your recordings with Robyn and M.I.A., two really strong female performers, you never outshine or overpower each other. What was it like working with them?

It was cool working with M.I.A., because she's very humble and we can relate. We both weren't afraid to be different artists and to be ourselves. She had a real spirit. I looked at her as a homegirl, like someone that I've been friends with for a long time — that's the vibe she gave me; she was really down to earth.

On the other hand, with Robyn, when we recorded a track we didn't record in the studio together. But I met her after ... she had so much good advice, and she was very sweet.

Who would you like to work with in the future?

I would love to work with Missy Elliott. That's one female I'm dying to work with.

Rye Rye hopes to one day collaborate with Missy Elliott. GETTY IMAGES

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Hotel fire

Where have you been Ri-Ri? Out on the streets

London Fire Brigade says Rihanna was among 300 people evacuated from a hotel after an early-morning fire in an elevator shaft.

The 24-year-old Barbadian singer tweeted news of the fire early Wednesday to her 21 million Twitter followers, posting a picture of a fire engine and the words: "Roamin da streets since 6am! Fyah in da telly."

THE ASSOCIATED PRESS

Site of the crime

No more bottles to be served, or tossed, at W.i.P. nightclub

A New York City nightclub that was the site of a bottle-hurling brawl after a dispute between the entourages of singers Drake and Chris Brown has had its liquor license suspended.

The State Liquor Authority suspended the license of W.i.P. and its adjacent Greenhouse during an emergency meeting Tuesday night.

THE ASSOCIATED PRESS

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"MICHELLE WILLIAMS AND SETH ROGEN BOTH HIT CAREER HIGHS."

- Joshua Rothkopf, TIME OUT NEW YORK

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- Andrew O'Hehir, SALON

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ScarJo could get paid for leaked nude pics

Scarlett Johansson could be compensated more than $66,000 for having nude photos leaked in 2011, according to the Los Angeles Times.

Federal prosecutors suggest in a sentencing memo that Christopher Cheney, who pleaded guilty to nine counts of hacking, compensate some of his high-profile targets, including Johansson.

They also suggest $7,500 for Christina Aguilera and $76,767.35 for Secret Life of the American Teenager star Renee Olstead.

In addition, prosecutors are suggesting a 71-month prison sentence for Cheney.

Imagine a Drake-Chris Brown boxing match

Since their alleged feud erupted in a nightclub brawl last week, Drake and Chris Brown have become very public rivals. And now some folks would like to see them duke it out in the ring.

Billionaire Alki David is offering the R&B stars $1 million each — plus an additional million for charity — to strap on gloves for a pay-per-view boxing match, according to the New York Daily News. Boxing promoter Damon Feldman, who's handling the proposed event, thinks it's a brilliant idea, naturally.

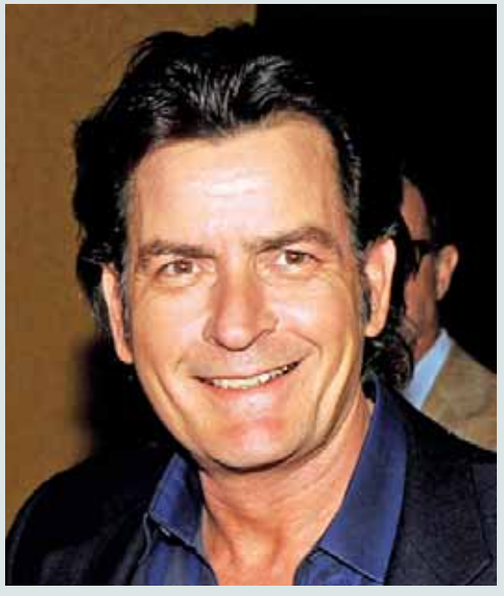
"Obviously they have a grudge. It's just three 1-minute rounds. No one will get seriously hurt," he tells the newspaper.

"I would love to have Rihanna as the ring girl."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Charlie Sheen, you win this time

MONICA WEYMOUTH
scene@metronews.ca

Reports that Charlie Sheen expertly and enthusiastically dismantled another Ritz-Carlton hotel room don't seem to be holding up. While Usmagazine.com claims the actor trashed his suite during a weekend-long party while in New York with ex-wife Denise Richards — which he actually famously did in 2011 before landing in the hospital — his reps and hotel employees are denying he was anything but a well-behaved guest.

TMZ obtained a copy of the bill — why yes, we did feel creepy reading it — and Sheen's version might hold up: Your mom could do more damage to the minibar, and we're pretty sure dry-cleaning isn't a concern when there are coke-dusted porn stars to attend to.

John Travolta. ALL PHOTOS GETTY IMAGES

Travolta surfaces, engages in red-carpet PDA with wife

John Travolta made his first public appearance since being hit with a cavalcade of sexual misconduct lawsuits from various service industry men, and it appears he decided actions would speak louder than words.

Travolta hit the red carpet for the premiere of his latest film, Oliver Stone's Savages, and instead of stopping to give any interviews, he and wife Kelly Preston put on an impressive show of public displays of affection, groping and kissing each other all the way down the carpet, according to Hollyscoop.

The couple literally could not — or at least would not — keep their hands off each other.

The appearance came just hours after a male cruise ship employee filed a federal suit against Travolta claiming sexual misconduct.

Did Depp cheat on Paradis?

Johnny Depp recently bought Amber Heard a horse, but he may have been spending some extracurricular time with his former Rum Diary co-star before splitting with longtime partner Vanessa Paradis.

"He's smitten by her. They started sleeping together during the press tour," a source tells Us Weekly.

As for Paradis, she wasn't amused — another source heard her scream, "If I see her, I'll drown her!"

Noted, Vanessa. And with that, we are officially done talking about your split.

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Summer hair SOS

Looking good. Summer has officially arrived, but too much heat, salt and chlorine can really mess with your hair. Now is the perfect time to give your locks some serious TLC. We explain how.

ROMINA MCGUINNESS
Metro World News in London

This year's schizophrenic weather conditions — scorching heat one day, muggy and wet the next — have probably frazzled and weakened your hair.

Celebrity hair stylist Tommy Buckett, from New York, who has tamed the manes of Ashley Olsen and Emma Stone, talks us through a super simple summer hair-care routine.

Cover up

You've been so focused on getting your body beach ready that you've neglected your hair.

Too much chlorine, sea salt and exposure to the sunlight will cause your hair to look dull and damaged, explains Buckett.

"It's not just your skin that needs protecting. All these things can strip your colour and dry out your hair. So if you want to enjoy the sunshine, you'll have to protect your hair. Wear a hat or a scarf to cover your locks or use a UV protectant spray," says Buckett.

Damage control

No matter how many times you pin or scrape wet hair back it ends up getting stuck to your clammy forehead.

There's no escaping the heat and humidity.

It's easier to damage wet so avoid pulling it up until it's dry.

"Your hair is like a rubber band. It can only be pulled so much before it loses its elasticity and snaps. Over time, pulling it back too tight will cause it to snap where the elastic band is placed.

Loosely tie your hair up or use little tortoise-shell clips if you want to avoid breaking it," adds Buckett.

The perfect beach wave

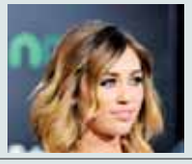
Some people (rather annoyingly) are born with natural loose waves. Brazilian model Gisele Bündchen is the poster girl for sexy beach hair. For those that aren't, there's a quick-fix solution. "The perfect beach wave can be achieved by spraying sea salt spray and using a diffuser.

While drying your hair (it's fine to blow-dry your hair just as long as you make sure you're using a heat protector) twist it in big chunks to create a perfect wave," recommends the hairstylist. And if at the end of the day you want to wash out all the products, sand and waves that's fine. Just remember to always use a conditioner. "Summer hair gets dirtier quicker," he says.

Top 3 fuss-free summer 'dos

Beachy. Blake Lively's long, loose layers are the ultimate beach look.

Pixie. A cropped haircut like Carey Mulligan's is low maintenance and will wipe years off your face.



Bob. Layered hair cut just above the neck, like Miley Cyrus, is non-committal and easy curl.

We fixed your hair, but the earrings are up to you GETTY IMAGES

Tommy Buckett's summer-hair essentials

Sachajuan Ocean Mist leave-in formula
$28
sachajuan.com

John Frieda Full Repair: Protecting Root Lift Foam
$6.49
johnfrieda.com

Kérastase Elixir Ultime
$54
kerastase.com

Oribe Dry Texturizing Spray
$39
oribe.com

Pantene Pro-V Root Lifter Spray Hair Gel
$13
pantene.com

3 LIFE

Fashion Flash

Welcome to the Jersey store: Jacob launches new collection

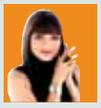
Jacob has fans of jersey in mind as it readies to roll out its new casual chic collection. The Montreal-based retailer will debut Jersey by Jacob next month. The collection includes a selection of camisoles, T-shirts, cardigans, sweaters, leggings, pants, dresses, jackets and scarves in a palette of grey, black and white with touches of pink. In addition to the use of jersey, which is in the moniker for the new line, the collection will also be crafted with a variety of other fabrics such as knitwear, ponte and fleece. Apparel and accessories in the collection will range from $19 to $79. It will be available at the retailer's 85 stores across Canada and online at jacob.ca.

THE CANADIAN PRESS

On the Web

Milan menswear designers dispel gloom over euro-land with a bright summer 2013

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: What's YOUR idea of a cool Canada Day outfit?

@itsLydia_T
the famous jeans on jeans Canadian tux duh! hehe

@fknightevents
you would have to go quite a long way to beat #Kates Canada Day Ottawa outfit from last year!

@nancycdoyle
Red and white striped maxi dress and an oversized floppy white hat!

@kykylwe4
Egg shell rolled up Khakis, with Red Polo, and Tan Sperry-Top-Siders.

@Jeanne_Beker: Cdn fashion @TheMarilynShow incl @EDITbyJeanneB @ thehudsonsbayco + @gretconstantine Show airs July 2

@Jeanne_Beker: Fun bags made of old sail material by Sea Dog Bag Co. at Hubbards Mkt http://www.seadogbagcompany.com

@Jeanne_Beker: The peaceful view at Ocean Stone Resort near Peggy's Cove... www.oceanstoneresort.com

The Kit

Canadian street style

Spotted in: Toronto

Nicole Manek

Stylist, owner of Life of Manek, television host and ice cream profiler

Age: 100 ("I'm an old soul")

What she's wearing:
Vintage Rowe dress, Michael Kors watch, Little India bracelets, Alexander Wang purse, vintage Rose Clasp bracelet and Alexander Wang boots

Her inspiration:
"My style is always rock 'n' roll meets Rhoda!"

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Grilled Shrimp Tacos go from food-truck staple to dinner-table fare

Whether you prefer your tacos hard and crunchy or lean more to the softer side, this grilled shrimp filling perfect for a summer barbecue will leave you satisfied.

Shrimp cook quickly, especially on the intense heat of the grill, so be sure to prep your other ingredients ahead of time and set out a buffet of toppings and tortillas. Then just toss the shrimp on the grill and in minutes you'll be enjoying summer just a little bit more.

Ingredients

- 1 lb extra-large shrimp
- Salt and ground black pepper
- 1 tbsp ground cumin
- 2 medium red onions, sliced
- 1/2 cup chopped celery
- 4 plum tomatoes, chopped
- 1 chipotle pepper in adobo sauce, minced
- 2 cloves garlic, minced
- 1 avocado, peeled, pitted and diced
- Juice of 1 lime
- 1/2 cup low-fat sour cream
- 1/4 cup chopped cilantro
- 8 taco shells or 6-inch tortillas

1. Heat the grill to high.

2. Place the shrimp in a large bowl. Season with salt, pepper and cumin, then toss to coat evenly.

3. Divide the shrimp among 6 skewers, threading them evenly without crowding them on the skewers. Do the same for the onions.

4. Using an oil-soaked paper towel held with tongs, lightly oil the grill grates. Grill the shrimp for 2 minutes per side and the onions for 5 minutes per side.

5. Chop the grilled red onions and place in a medium bowl. Stir in the celery, tomatoes, chipotle pepper and garlic. Season with salt and black pepper. Set aside.

6. In a small bowl, toss the avocado with the lime juice. In another small bowl, stir together the sour cream and cilantro.

7. To serve, set the shrimp, red onion salsa, avocado and sour cream on the table with the taco shells or tortillas. Diners can assemble their own tacos.

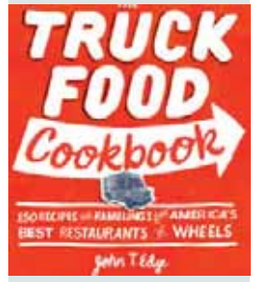
THE ASSOCIATED PRESS

Grilled Shrimp Tacos

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Book of the week

Street eats love



The best street food is bold, delicious, surprising, over-the-top and eatable on the run. And the best part is now you can make it at home.

Researched by John T. Edge, The Truck Food Cookbook delivers 150 recipes from America's best restaurants on wheels from L.A. and New York to Portland, Austin and more. Hundreds of full-colour photographs capture the lively street food scene and its hip and funky aesthetic.

The resulting menu includes eats such as: Crawfish Pies, Calexico Carne Asada Tacos, Falafel and Egg Hoagies, Cheesesteak Sandwiches, Sweet Potato Cupcakes, Kalbi Beef Sliders and more. METRO

Asian Pies. Hand-held and stuffed with chicken

Ingredients

- 2 frozen deep-dish pie shells
- 125 ml (1/2 cup) fully cooked and sliced chicken breast
- 30 ml (2 tbsp) sliced green onion
- 10 ml (2 tsp) soy sauce
- 15 ml (1 tbsp) teriyaki sauce
- 2 ml (1/2 tsp) each honey and sesame oil
- 2 ml (1/2 tsp) minced garlic
- 2 ml (1/2 tsp) grated ginger
- 30 ml (2 tbsp) grated carrot
- 15 ml (3 tsp) toasted sesame seeds
- 1 egg, beaten

1. Heat oven to 200 C (400 F).

2. Remove pie shells from freezer. Let thaw at room temperature for 10 to 15 minutes.

3. Mix together chicken, green onion, soy sauce, teriyaki sauce, honey, sesame oil, garlic, ginger, carrot and 5 ml (1 tsp) of the sesame seeds and set aside.

4. Remove pie shells from foil and flatten on clean, flat, lightly floured work surface. Cut four 7.5-cm (3-inch) squares from each pie shell.

5. Divide chicken mix evenly among 4 squares, mounding in the centre and leaving a 5-mm (1/4-inch) pastry edge.

6. Brush edges of pastry around filling with beaten egg. Top with remaining 4 squares of pastry. Press edges together and crimp with fork. Brush tops with beaten egg and sprinkle with remaining sesame seeds.

7. Bake for 15 minutes or until pastry is golden. Let pies rest for 10 minutes before serving.

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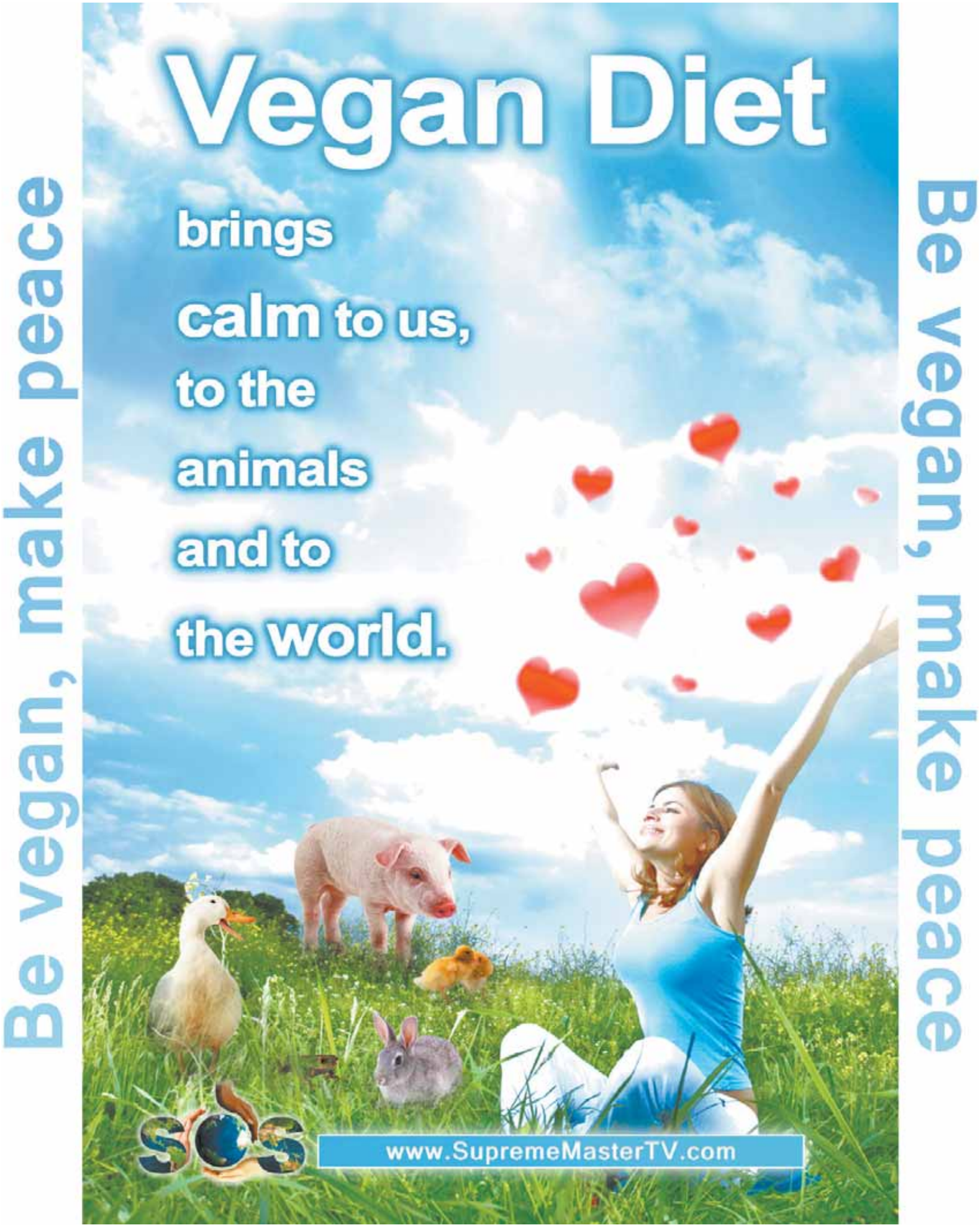
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SPECIAL INFORMATION FEATURE

Stand on guard with these

Melissa gets ready for Canada Day with a pint of Red Leaf Lager on tap at the Arrow & Loon. JEFF O'REILLY/FOR METRO

Canada Day. Beer recommendations that will help you drink with pride this long weekend

JEFF O'REILLY
For Metro

With Canada Day creating a long weekend for many of you, it's pretty safe to assume that beer drinking may be on some of your agendas.

So whether you travel far and wide to hit a cottage, wear your red and white at a backyard barbecue or head right into the heart of the party at Parliament Hill for the concerts and fireworks to celebrate our 145th birthday as a proud independent nation, wherever you end up celebrating across our home and native land you have to admit — we live in an amazing country. And as long as you are going to "keep on rockin' in the free world," you may want to check out some of these patriotic beer recommendations that are all available at the LCBO.

Innis & Gunn Canada Day 2012 (7.7 per cent alcohol by volume, 330 ml $4.95) comes in a striking autumn sugar maple leaf decorated box designed by Canadian artist Gary Whitley that protects the clear bottle nicely from the unwanted effects of the sun. Innis & Gunn has released its third annual limited edition Canada Day brew, and it's a real beauty. Oak aged and matured for 49 days, this beer has depth and character pouring a deep auburn colour with quickly dissipating white head into a tulip glass. Powerful aromas of vanilla, oak and toffee come before the delicious flavours of sweet vanilla, rich toffee, whiskey, oak, black cherry and possibly even a hint of maple syrup. With a nice, soft and short finish, this may be Innis & Gunn's best effort yet.

Toronto's oldest craft brewery recently celebrated its 25th anniversary and has been wearing its Canada-loving hearts on its sleeve the whole time. Being rewarded handsomely with an impressive haul (13 awards) over the last two years at the Canadian Brewing Awards, The Great Lakes Brewing Company seems to celebrate our country's rich heritage year round. Here are a couple that will keep your hearts glowing.

Showing off what may be the most recognizable Canadian symbol of all — a bright red maple leaf — just like the one that has been on our flag since 1965, Great Lakes Red Leaf Lager (five per cent ABV, 473 ml $2.30) pours a dark, copper amber with off-white head into a pint glass. The caramel and roasted malt nose is soft and appealing and the flavours of sweet caramel, grainy malts and a slightly nutty roast flavour with mild floral hops are complemented by a nicely carbonated smooth, light mouth feel and crisp finish. Easygoing and refreshing, this beer is very likable and will make a lot of new friends at your holiday gathering.

Paying tribute to those fearless Canadian skiers known as the Crazy Canucks — Ken Read, Steve Podborski, David Murray, Jim Hunter and Dave Irwin — Great Lakes has captured the wild spirit of those inspiring athletes with a bold West Coast-style American ... er, Canadian Pale Ale that will earn applause from the adventurous craft beer lover (if you get the chance to try the dry hopped cask version of this beer aptly named "Canuckle Head" do yourself a favour and just drink one, eh?)

Great Lakes Crazy Canuck (5.2 per cent ABV, 473 ml $2.50) pours a hazy, pale gold with firm, rocky off-white head. A huge bouquet of pine resin, grapefruit/citrus and floral hops dominate and lead to bold tastes of slightly bitter, but well-balanced and extremely enjoyable resiny pine, ripe grapefruit, orange, caramel, toast and honey with a creamy smooth medium body with a short lingering aftertaste. This beer is sessionable and will keep you going all weekend long.

Enjoy responsibly and Happy Canada Day.

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‘Big Cheese’ strikes again

Gourmet. ZaZaZa opens second pizza location in the Glebe with 25 variations to choose from

SAMANTHA EVERTS
For Metro

The Big Cheese, a.k.a. ZaZaZa owner Ion Aimers, has done it again, opening a new gourmet pizza location earlier this month. Visiting on the first day, the extremely kind staff served up harmoniously sweet yet tart homemade lemonade during our wait.

The biggest change visitors will notice is the space. Minus a patio like the Beechwood location, a large garage door lifts up to expose the chic decorated interior. Gorgeous chandeliers and stage lights and velvet curtains create a unique theatre-like ambience.

They have about 25 gourmet pizzas to choose from on their signature thin crust. With names like Cheezeboiga!, Cajun Cowboy, and Shangra-la-di-da, and each pizza being individually-sized portions, we were eager to share slices.

But first came the new goat cheese balls served in a (clean!) Converse running shoe. Always with a sense of whimsy expected of ZaZaZa, “Goodness Gracious Great Balls of Fire” were filled with feta, mushrooms and Parmesan. These delicious bites came with a savoury dipping sauce.

The Fancy Mushroom pizza was loaded with delicately roasted Portobello, oyster and shitake mushrooms creating a meaty texture with the nicely melted goat cheese and Parmesan flavours. It was lightly drizzled with truffle oil, though not as present as desired.

We were surprised to see cuts of seasonal roasted asparagus on the French Kiss pizza and dove right in, adding sautéed shrimp. The pizza came loaded with caramelized onions, artichoke hearts and soft brie. The pesto oil had pleasantly sharp basil flavours that added to the complexity.

A pizza at ZaZaZa Glebe is shown in front of Goodness Gracious Great Balls of Fire, goat cheese balls served in a (clean!) Converse running shoe.
SAMANTHA EVERTS/FOR METRO

As the front restaurant sign declares, “ZaZaZa is here to rescue the Glebe from bland pizza.”

ZaZaZa Glebe is located at 915 Bank St. ZaZaZa Beechwood is located at 143 Putman Ave. For more information, see zazazapizza.com.

Perfect pairings. Cheese and suds go well together

CURD ON THE STREET
Vanessa Simmons
For Metro

Amongst the kettles, bags of hops and bottling lines, four family-run brew pubs and breweries — Kichesippi Beer Company, Ashton Brewing Company, Big Rig Brewery, and The Clock Tower — celebrated Ontario Craft Beer Week at Savvy Company’s Artisan Cheese & Craft Beer Tasting.

Not one to miss a party, I was there with my picks of regional artisan cheeses chosen to both shine on their own, while provide a delicious complement to the evening’s feature local brews.

Beer and cheese share a common origin — grain (beer made from grain, barley for example), and grain is fed to dairy animals, so with this cycle it’s no wonder the two are a true match.

Cheese and beer pairings are refreshing. Beer balances out the salt content in cheese and cuts through the protein and fats that sit on the tongue, allowing a better tasting experience. I suggest you pair your cheese with a beer, taking into consideration the weight of both to ensure that one does not overpower the other (heavy beers with stronger cheeses are a perfect match).

Some of the crowd favourite pairings at the event included:

CHEESE: Goat Gouda from Clarmell Farms (goat milk); **BEER**: Clock Tower Kolsch or Ashton Station Blueberry Wheat.

CHEESE: Bonnechere from Back Forty Artisan Cheese (sheep milk); **BEER**: Big Rig Hefeweizen Wheat.

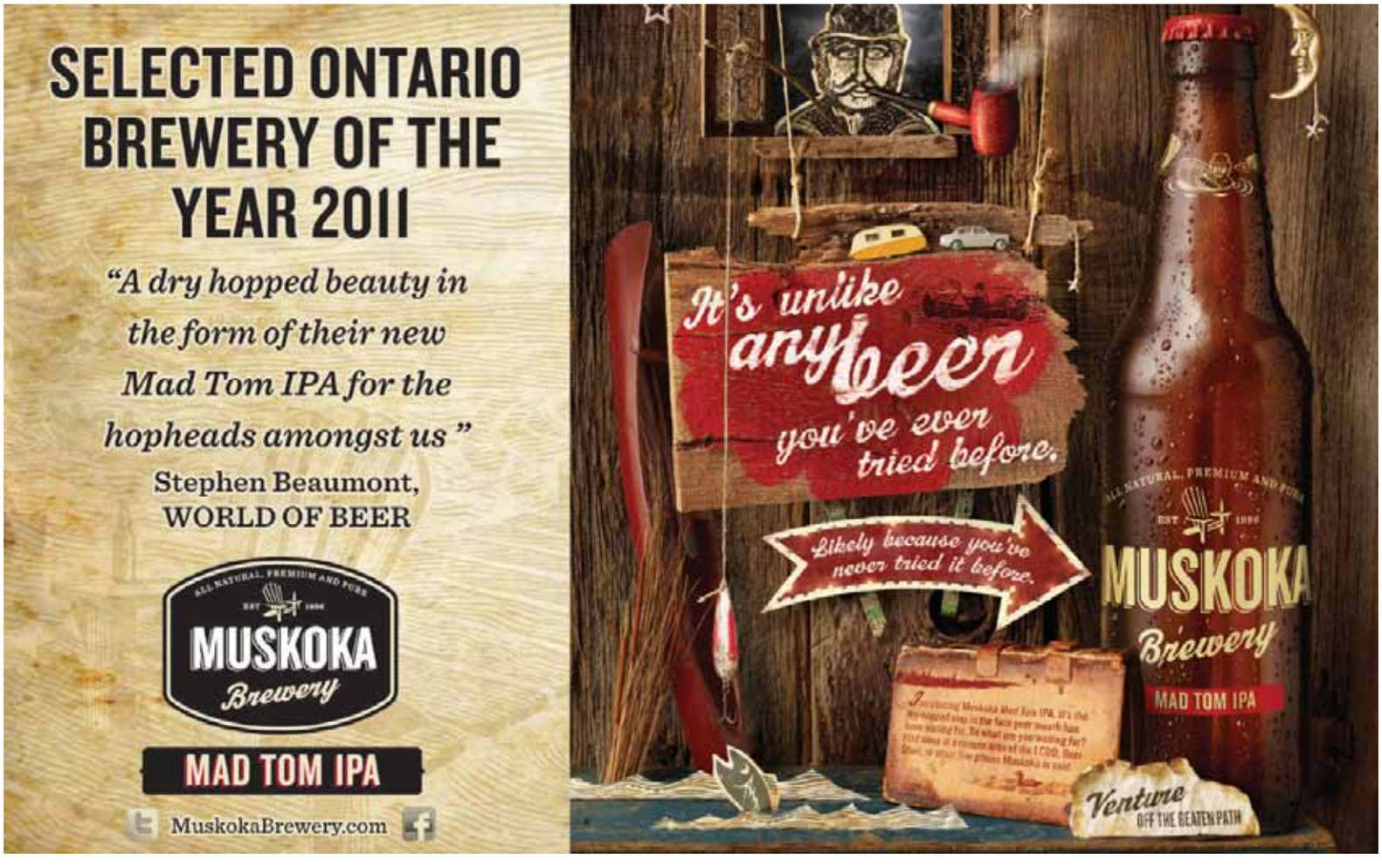
CHEESE: Réserve La Pérade from Fromagerie F.X. Pichet (cow milk); **BEER**: Clock Tower Red.

CHEESE: Gré des Champs from Fromagerie Au Gré des Champs (cow milk); **BEER**: Kichessippi 1855.

CHEESE: Avonlea Clothbound Cheddar from Cow’s Creamery (cow milk); **BEER**: Ashton Station Brown Ale.

CHEESE: Bleu D’Élizabeth from Fromagerie du Presbytère (cow milk); **BEER**: Kichessippi Wheat or Ashton Station Brown Ale.

FOR MORE, SEE SAVVYCOMPANY.CA.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Venture OFF THE BEATEN PATH

This has got to be the best home theatre ever created, hands down. ALL PHOTOS CONTRIBUTED

A superfan outfitted his home theatre with sci-fi decor, including Han Solo in Carbonite. Here's how the design team pulled it off.

MICHELLE CASTILLO
life@metronews.ca

The Star Wars room every Jedi wishes he had

It's every little potential Sith Lord's (or lady's) dream to have their own Death Star to call home. And, if they are very lucky, sometimes they can make their dreams a reality.

Mike Dillon from Dillon Works and Eric Ward from Definitive Audio count themselves as some of the few to have ever constructed such a project.

Back in 2001, they were commissioned to build a Death Star home theater, featuring the hundreds of Star Wars memorabilia pieces the client had collected over the years — and this month, it became a sensation online, when a slideshow went viral on sites like Buzzfeed.

The plans had been drawn up by Doug Chiang, the design director for Lucasfilm on Star Wars Episode I: The Phantom Menace and Star Wars Episode 2: Attack of the Clones. All the teams had to do was make it reality. Dillon Works was in charge of the design and installation of the piece. Owner Dillon said his crew watched the films over and over again for inspiration, but it helped that some of the crew were Star Wars fanatics themselves. Plus, the client had specific instructions for their dream theater.

"One important aspect was that the client didn't want the automatic doors to make a 'whooshing' sound because that happens in Star Trek — not Star Wars," Dillon told Metro World News by email.

A Carbonite replica of Han Solo is placed on one of the walls and posters of all the Star Wars films greet moviegoers. Dillion's team even gave the walkways more depth to make it more realistic.

"In the lobby we made walkways that were raised off of the floor," he explained.

"On the floor and ceiling along the sides we installed mirrors. The result is the illusion that the walls seem to go on further giving, the impression like it would look on the Death Star."

While they wouldn't disclose the price, Dillon Works said that it wouldn't be unusual for a project of this magnitude to run between $250,000 and $1 million, not including the audio/visual components.

To make sure the theater had the perfect equipment, Ward — Definitive Audio's director of business development — and his group installed top-notch technology. They periodically return to the home to upgrade the equipment — for example, they recently installed a Blu-ray player — but the initial work remains the same. All together, he estimated that the equipment cost $1 million dollars, including $165,000 each for the front left and right speakers.

"It's crazy," he said. "Even the theaters are catching on, but it has way better sound systems, digital equipment and digital projectors than what's out there."

Ward is used to doing things like hiding speakers behind panels, so they did some neat tricks like creating a projector lift into the ceiling in a separate projection room to hide the equipment.

But, the client decided they liked the exposed speaker look for the theater. The challenge came with trying to fit everything in the room, especially because the walls curved.

Ward is confident that the speakers have stood the test of time and sound better than most theaters, calling the viewing experience in the room "phenomenal."

"The client liked the equipment," Ward said. "So, we had to make it look good. Then we had to make it sound good."

Quoted

"On the floor and ceiling along the sides we installed mirrors. The result is the illusion that the walls seem to go on further, giving the impression like it would look on the Death Star." Mike Dillon, builder

Think you want this look for your own place? Better set aside some serious dough, as it can cost anywhere from $250,000 to $1 million, and that's not including the audio/visual components.

The intense passion that runs through Star Wars fans across the globe all started with these three films.

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All hands on deck!

DIY ideas. Just how Yardcore are you? Summertime is all about outdoor living — now's the time to fix up your decking

The Canada Day long weekend is here, which means barbeques, sunshine, long chats and cool drinks — and where better to enjoy these activities than on a beautiful deck!

Landscape professionals Jake and Joel Moss set homeowners up with the yard of a lifetime on Yardcore, and you can bet their projects have featured many beautiful backyard decks.

Back-to-back episodes of Yardcore air Fridays beginning at 9 p.m. ET/PT on DIY Network Canada.

First steps

Decks provide an extra space to lounge and dine alfresco. They can highlight the design of a yard and maximize outdoor space, and can also be installed where a patio cannot such as on slopes or a rocky terrain.

There are a variety of shapes and materials to choose from but before getting started it's best to consult your city's building codes for any requirements on railing and landing heights.

Selecting materials

There are many different decking materials to choose from and it's a good idea to evaluate the various options before getting started.

Pressure-treated wood is probably the most popular as there is a wide variety of colour and grain options. With this product you can refinish scratches and stains yourself, although it is prone to weathering and splitting.

An alternative is aluminum decking which can last for decades as it is strong, rust-proof and watertight and can also allow for waterproof storage underneath. This choice is pricey and the textured surfaces of aluminum can trap dirt.

A third option is composite decking. This material doesn't require a sealer and can be made into curved shapes which allows for a wide range of designs. It lasts longer than wood and is far more durable, but composites can fade and deep scratches and tough stains may require a board to be replaced.

Don't forget about seating

Installing a permanent wood bench will ensure that there's always enough seating space at a party; colourful pillows can also be added for a fun touch.

- **Cool ideas.** A bright umbrella will provide shade and can complement flowers. Investing in outdoor lighting will also ensure you enjoy your deck long into the warm summer nights.

Deck care

Scrub pressure-treated wood decks once a year using a deck wash and apply a protective sealer every two to three years. If you've selected a metal deck, be sure to sweep and hose regularly. For a deeper clean, use a solution of dishwashing liquid diluted in water and scrub the deck with a soft-bristle broom.

For composite decking, wash away surface dirt weekly and clean once a year with a composite cleaning solution. Implementing these cleaning tips will ensure that your deck remains an outdoor draw for years to come.

BACK-TO-BACK EPISODES OF YARDCORE AIR FRIDAYS BEGINNING AT 9 P.M. ET/PT ON DIY NETWORK CANADA

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Thou shalt covet and copy thy neighbour's lovely garden style

The Japanese concept of 'borrowed landscape' lets you expand your yard's horizons — for free

If your garden or yard is feeling too small, expand your horizons without buying another square inch of property or doing much work. Just borrow some landscape.

"Borrowed landscape" is a technique frequently used in designing Japanese gardens, where it is called shakkei, but it can be employed in any garden style. The idea is to incorporate distant elements of the surrounding landscape into your own, creating the feeling of greater space.

You could reap a feeling of infinite space if that distant element is a mountain or ocean that stretches all the way to the horizon. Or you could just borrow a bit of scenery from your neighbour's yard — an attractive clump of birch or larch trees, a grape arbour or a pergola dripping with wisteria blooms, for example.

THE ASSOCIATED PRESS

Begin your borrowing

First, look around to see what you'd like to borrow. Ideally, this should be done before you plan or plant anything, even before you've moved any dirt or stones around in your own garden. But it's usually not difficult to borrow landscape even into an existing garden.

No need to borrow a whole scene. A view of a lumbering meadow that breaks into a range of mountains might create too expansive a feeling if on view from everywhere in your garden. Part of the art in gardening is balancing a sense of coziness and enclosure, which gives us the word "garden" (from the same root as the words guard, yard and girth), with a feeling for the infinite, for limitless horizons.

A window of some expansive scene — through an opening in a fence or hedge, for example — might make such a view all the more precious. As for your neighbour's pergola clothed in wisteria: You might not want to also see the red sports car he always parks nearby.

A burrowed landscape that incorporates surrounding

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Indoor gardening: Earthenware air pod holders showcase Tillandsias.

AIR POD PLANT HOLDERS/ILOVEAIRPODS.COM/THE ASSOCIATED PRESS

Green-ify your indoor space

On the indoor gardening stage, plants such as peace lily, Boston fern and sansevieria are veterans, tried-and-true performers that require little fussing over.

But there are scene changes afoot; new plants and ideas are making indoor gardening a more exciting show.

So what's on the playbill?

Quirky succulents, spring bulbs, small trees, even outdoor plants, such as blue fescue grass, begonias, flowering maple and lobelia — all are suggestions from Tovah Martin, a horticulturist in Roxbury, Conn., and author of the new The Unexpected Houseplant (Timber Press).

"Not everything translates, but some plants make the leap indoors without a whimper," Martin says. She also suggests fragrant plants like lavender, Constantinople narcissus and night-blooming jasmine.

There are some eye-popping new offerings on the market for indoor gardens, agrees Doug Jimerson, garden editorial director for Better Homes & Gardens magazine.

"Some of the most exciting things are new colour forms of classic varieties like Chinese evergreens, imported from Thailand, that have boldly patterned red, cream and green leaves," he says. "For years, they were only available with green or mottled leaves."

Creative indoor gardeners also can make interesting

scenery, to expand a garden and backyard, in New Paltz, N.Y. LEE REICH/THE ASSOCIATED PRESS

Bring focus on what you want to borrow

Once you've decided which surrounding scenery you might like to borrow, bring it on home to your garden. This might entail nothing more than planting or building something to obstruct part of a view, thus lending focus to what remains. Or it might require removing some obstruction, such as a pine tree in the wrong place or a fence that's too tall.

Most borrowed scenery represents just a slice of what is out there, so bringing it home might just mean selectively trimming that pine tree or making just a hole in the fence. A cut in the fence in itself contributes to the look of the garden. Popular in both oriental and occidental gardens are fences or walls with "moon windows," circular openings that allow a chosen view.

By screening out much of the landscape beyond, a small opening begs viewing of it; a relatively narrow rectangular opening in a fence or wall can bring attention to a distant view. A pair of prominent evergreens and a nonfunctional gate could provide a psychological entryway into your borrowed landscape.

Mimic to bring to outside in

Another way to borrow landscape is to echo elements in the distant landscape with similar elements in your garden.

A grouping of rocks in your space might show kinship with a similarly shaped distant mountain. A small but upright tree might form a connection to stately, spired conifers in the distance. A trickle of water — even rounded stones representing a dry streambed — might form a visual association with a majestic waterway far away.

In most cases, borrowing a landscape entails less muscle than creating one.

THE ASSOCIATED PRESS

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New-York-based ceramic artist Nicholas Newcomb's earthenware air pod holders showcase miniature orchids. AIR POD PLANT HOLDERS/ILOVEAIRPODS.COM/THE ASSOCIATED PRESS

tablescapes using a flat tray, potting mix, and aquarium gravel or river rocks, suggests Rosemary McCreary, author of Tabletop Gardens (Storey, 2002). "Closely plant small succulents of contrasting textures and hues, like sedum, echeveria and sempervivum. They're showstoppers!" she says.

Contemporary living spaces are well served by such minimalist table gardens, but they also could be enhanced by a single dramatic tree. Figs and palms are common choices, but Martin suggests dwarf citrus and coffee trees, and even little conifers for a chilly alcove.

Grasses like rye, wheat and sedge can create bold living art indoors when planted in intriguing containers made of pottery, wood or metal.

Martin started making terrariums as a child and has more than 20 in her home. Don't put succulents under glass, she warns: "They won't work in a terrarium over the long haul. Succulents like dry, arid conditions." Ditto cacti and herbs. But anything that likes high humidity and low light will thrive: mosses, creeping fig, miniature ivies and orchids.

Chive.com has a selection of chic, streamlined terrariums resembling large clear pill capsules, with bases in white, green, orange and teal.

And New York-based ceramicist Nicholas Newcomb makes organic, clay "air pods" meant to house epiphytes, or air plants. These plants need no soil; they gather nutrients from the atmosphere and usually need only a light misting or brief occasional bath to grow well for years. THE ASSOCIATED PRESS

Just add soil

Get creative when thinking about containers for a terrarium: cake stands, apothecary jars, cookie jars, fishbowls.

- **Think outside the pot.** Search tag sales and off-price stores for inexpensive, out-of-the-ordinary receptacles, but make sure you can stick your hand inside easily.
- **Put a lid on it.** You can even use a glass plate.

Easy bathroom upgrades

Decor ideas. It's a small space with infinite possibilities — why not give your loo a little love?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: I can't do a full-on renovation of my 12-year-old condo bathroom right now, but I would like to give it a mini-makeover to add more comfort and style. What can I do? Deirdre Miller, London, Ont.

A: With any short-term decoration project I always recommend going dramatic; this gives you the biggest bang for your buck and creates some drama to tie you over until you can do a full reno.

Here are some ideas and great products that are homeowner-friendly and provide big impact in your bathroom.

I suggest using most of your budget on neutral-coloured products and having fun with punchy towels or small accessories on a smaller budget. This gives you longevity, and it will stay in style until you are ready to make big changes.

Shower with ease: Turn a standard tub into a flexible shower spa with the Hydrorail by Kohler. Choose whichever showerhead works for your comfort and install it easily over your existing tile. It's a great way to turn your tub area into a personal retreat without renovating the entire tub and shower. It'll be dollars spent on just you and your comfort. Cost: $450 to $1,700.

Peel and stick: I love the fun peel-and-stick tiles offer for a kitchen backsplash or in a bathroom. Smart Tile's Carbon Mosaik sheets are made of a gel that make the tiles look 3D. Easy to cut and maintain, simple peel-and-stick tiles on an entire wall in the bath (outside of shower area) creates a trend-setting look and a high-end focal wall. Cost: $250 to $500.

Modern Accessories: With a modern towel rod, shower curtains and hooks will instantly improve and update the look of the bathroom. I like the brushed steel and square designs of Crate and Barrel's Brushed Steel Wall Hooks as they appear to be much more high-end than their price. Try adding two in the shower area for personal towels and one on the back of door for a luxe robe. Cost: $100 to $200.

Go tall: Mounting an outside shower curtain at ceiling height and hanging a long decorative drape hides the shower area, and adds a sense of height to the bathroom while making the room feel like a powder room for guests. Use a synthetic fabric for your drape, and of course use a separate shower curtain liner behind the drape to protect it. Cost: $100 to $300.

Spa Feelings: Little touches like candles, wastebaskets and rugs create that spa feeling when needed. Try to choose accessories that are both decorative and useful; that way guests won't feel like they've invaded your private spa space. I love the smooth pebble mat from CB2; it massages the feet and adds a cool touch when getting out of a warm shower. Cost: $100 to $400.

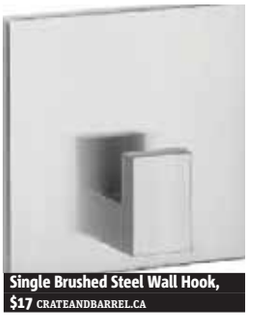
Pebble Mat, $50, CB2 CB2.CA

Embrace a new colour

Paint all the remaining wall and ceiling the same colour to add drama to the space.

- **Go dramatic.** A deep grey will blend the brushed metal, carbon tiles and other neutral accessories together and allow other punchy-coloured items to show up beautifully. Wall Street CSP-20, Benjamin Moore Paints. Cost: $50 to $100.

Kohler's Hydrorail Column, $441 and up KOHLER.CA



Single Brushed Steel Wall Hook, $17 CRATEANDBARREL.CA

Smart Tiles' Carbon Mosaik, $11, HOMEDEPOT.CA

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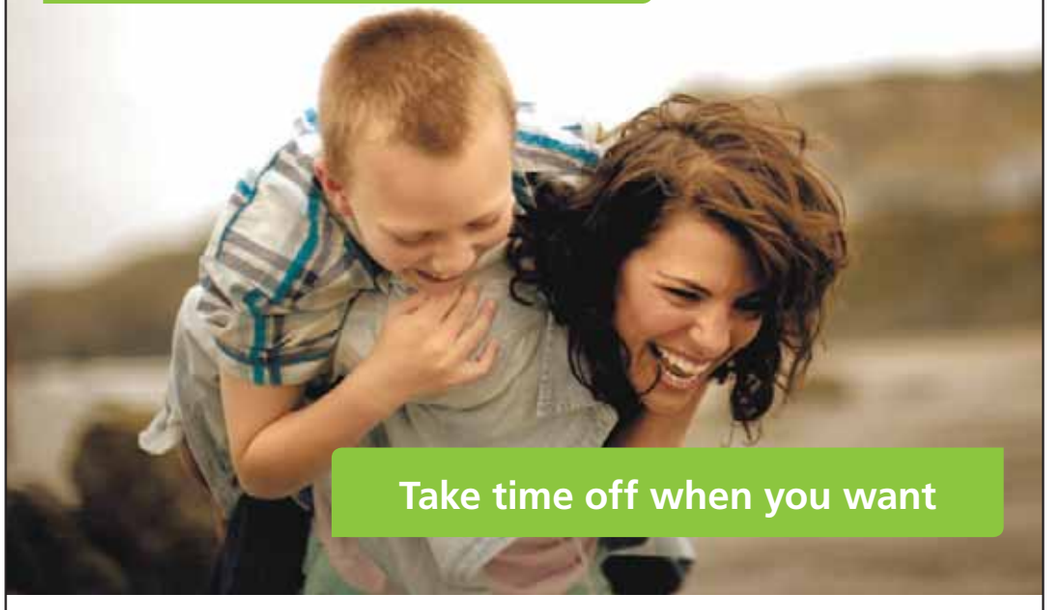

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metro
SUMMER FUN
Thursday, June 28, 2012

The summer is the best time to enjoy the great outdoors and take the family camping. ISTOCKPHOTO/THINKSTOCK

Vacation under the stars

Camping 101. Nothing says summer like camping and spending time in the great outdoors

YLVA VAN BUUREN
For Metro

There's nothing more Canadian than camping ... sleeping in a tent and spending time around a campfire in the great outdoors. Whether you are new to Canada or you've just never pitched a tent before, with the hot summer forecast this is the perfect year to try it out. But before you go looking for a campground, there are certain skills and helpful equipment you should know about.

The camping essentials, says Steve Hardie, camping manager at Canadian Tire, consist of everything you need for sleeping, eating and finding your way around in the dark (flashlights, lanterns and camp fires).

"The most important things are that you are comfortable, equipment is easy to use and you enjoy your experience," says Hardie. For example, Canadian Tire has a four-person tent that goes up in less than one minute.

"It's important to remove any intimidations you might have about camping," says Maureen Shenher of the Learn to Camp program at Elk Island National Park in Edmonton.

The Learn to Camp program offered by both Parks Canada and Ontario Parks in different locations across the country can help. It provides online resources, information sessions (at libraries and other public places), and guided overnight campouts that include all the camping equipment, how-to information, and the actual experience of camping. The fee is $64.

When participants arrive in the morning, they learn how to set up a campsite. The afternoon is for exploring the campgrounds. And everyone helps to put dinner together.

"Then we show them how to build a campfire and make s'mores, of course," says Lori Waldbrook with Ontario Parks. Someone may bring a guitar and have a singalong, or there may be a fun game such as listening to "night sounds" and guessing what they are (tree frogs, loons, etc.)

It's all about making it fun and taking away any fears someone might have about the outdoor experience.

For more information, visit pc.gc.ca/media/ltc-dlc/ltc-dlc08.aspx for Learn to Camp experiences with Parks Canada and ontarioparks.com/learntocamp/ for Learn to Camp experiences with Ontario Parks.

Coleman Instant Tent, 4-Person, $179.99, left, 33-Piece Camping Dinner Set $19.99, above, and Coleman Electronic Ignition Grill Stove, $99.99, all available at Canadian Tire, canadiantire.ca.

Helpful tips

Learn to Camp App

- Parks Canada Learn to Camp App provides tips, advice and all the information you need to plan and enjoy your first camping trip. There are recipes, checklists and tips for experienced campers. Download the app for free at pc.gc.ca/media/ltc-dlc/index.aspx.

Why camp?

- The great outdoors
- Affordable vacation
- Family time
- Change of pace
- Fun with friends
- Get away
- It's fun
- It's different
- Outdoor activities
- Back to nature

Susur Lee. TORSTAR NEWS SERVICE

Cooking over an open fire

Make your day at an urban park or week at a national park deliciously good!

Singapore-style beef shish kebabs grilled to perfection and plated with lightly charred grape tomatoes, sliced zucchini and mushrooms and garnished with grilled red chili pepper and fresh lime ... it sure doesn't sound like a campsite meal.

But new camp stoves and other equipment along with adventurous menu ideas mean campers can go gourmet under the stars.

"Camping is so much about sharing the romance of the outdoors with your friends and family," says celebrated chef Susur Lee. All you need is a good cooler, camp stove and a surface to work on, and then "there's really not much difference to cooking here and cooking in the kitchen," says Lee.

Equipment such as easy-to-clean non-stick grills (just clean them with a cloth), compact propane grills with instant even heat, and bug covers for food will help.

Make at least one dish at every meal that your family loves and, of course, cut corners and eat locally grown foods when possible, says Lee.

The one herb you should always have on hand? Basil, says Lee. It's so versatile. One way to use it: Slice fresh tomatoes, add salt, lemon juice and basil ... and you have a great salad.

YLVA VAN BUUREN

Simply delicious

A gourmet dessert

Here is an easy way make a gourmet dessert at the campground. Warm fresh strawberries in brown butter, mix in non-alcoholic icewine and cook together. Pour over a prepared angel food cake. Top with lemon yogurt.

Were you born to grill?

Firing up the BBQ. Celebrity chef Rob Rainford provides tips to make barbecue season a success

YLVA VAN BUUREN
For Metro

There's nothing like a backyard barbecue to bring friends and family together, says Canadian chef and grill expert Rob Rainford.

Rainford, who teaches at George Brown College and is the chef at Gossip restaurant in Toronto, says when he is entertaining he will often cook a chicken or a tenderloin — "so I'm not completely straddled to the barbecue, and I can spend time with guests, too." But he is happy cooking a steak or burger to order as well.

Here is how to grill the Rainford way:

• Keep one part of the grill hot and the other at a lower temperature. "Then, depending on the cut of meat, you can sear it on both sides on the hot side, then finish the cooking process more gently on the cooler side of the grill."

• Always bring meat to room temperature before you grill to ensure even cooking.

• To keep meat or fish from sticking to the grill, wipe the cooking grates with vegetable oil before putting food onto them. Also, and this is most important, maintain a high temperature and leave the meat alone for the first 30 to 45 seconds.

• Use a water spray bottle to extinguish flare-ups from dripping juices from the meat. But it may also be better to move the meat to the lower heat side of the grill and finish cooking it that way.

• Watch the food you are grilling at all times. If you are slow grilling — the barbecue is at 100 C (220 F) — you can walk away but be sure to check it every half-hour.

• Let meat rest (even burgers) for about 10 minutes under tented foil before serving.

FLAVOUR TIPS

• Grilled Greens: "I always add a grilled element to salads to add that barbecue flavour," says Rainford. For example, he will take scallions or leeks and grill them quickly and put them into a tossed green salad.

• Smoke It: Consider using wood chips in your barbecue and adding a smoky flavour. There are different kinds depending on what you are grilling. Flavourful woods such as hickory and mesquite go well with ribs while sweeter woods such as apple or cherry are recommended for tuna or chicken.

• Add Some Heat: Rainford, who has Jamaican parents, says you can jazz up any recipe by adding a tablespoon of Jerk sauce to the barbecue sauce you use (he includes recipes in his cookbook).

Celebrity chef Rob Rainford. CONTRIBUTED

Recipe. Rob Rainford's Fired-Up Chicken Wings

Ingredients

- ½ cup (125 ml) canola oil
- ¼ cup (60 ml) Jerk Marinade (see Rainford's Staple Recipes in his book)
- 2 tbsp (30 ml) chili powder
- 2 tbsp (30 ml) onion powder
- 1 tbsp (15 ml) garlic powder
- 1 tbsp (15 ml) smoked paprika
- 1 tbsp (15 ml) freshly ground black pepper
- 1 jalapeno chili (for less heat, seed the chili)
- 1 tsp (5 ml) kosher salt
- ½ tsp (2 ml) ground ginger
- 2 lbs (1 kg) chicken wings

1 Combine the canola oil, jerk marinade, chili powder, onion powder, garlic powder, smoked paprika, black pepper, jalapeño, salt and ground ginger in a large bowl.

2 Add the chicken wings and toss to coat evenly. Refrigerate for at least 2 hours or up to 24 hours.

3 Fire up your charcoal. You need a medium-high grilling temp of around 350 F (180 C). Prep the grill for cooking over direct heat. If using a gas barbecue, preheat one side to medium-high and turn the other burner off so you can finish grilling the wings on the cooler side of the grill if they start to char.

4 Remove the wings from the marinade, shaking off the excess. Pat the wings dry with paper towels.

5 Grill the wings, turning often, for 20 to 30 minutes or until golden and the juices run clear. (If using a kamado-style grill, the wings need to be turned just once, halfway through cooking.)Makes two main-course servings; 10 appetizer-size servings.

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4 SPORTS

NHL

"We are not going to be focusing on winning, winning, winning to the point that it suffocates us and we squeeze our sticks."

New Edmonton Oilers coach Ralph Krueger, who promised a plan to get inside the heads of his young scoring phenoms to keep them loose and make them believe. The Oilers signed Krueger, the associate coach last year, to a three-year deal. He replaces Tom Renney, who was let go as the team's 10th head coach last month.

THE CANADIAN PRESS

On the web

Should there be a rule for how much grunting is acceptable during a tennis match? The women's tour thinks so and is working on a plan to "drive excessive grunting" out of the sport. Scan the code for the story.

Spain players celebrate victory over Portugal Wednesday in Donetsk, Ukraine. LAURENCE GRIFFITHS/GETTY IMAGES

Spain wins despite sputtering offence

Euro 2012 semifinal. Defending champions end Portugal's run in a penalty shootout

Far from its best, Spain still advanced to another major final on Wednesday by beating Portugal 4-2 in a penalty shootout after a 0-0 draw at the European Championship.

Cesc Fabregas, who came on as a substitute in the second half of regulation time, scored the deciding penalty after Bruno Alves had hit the crossbar for Portugal moments earlier.

"I played poorly, but the team worked really hard," Fabregas said. "I had this intuition that we could advance if we went to penalties and that's what we did."

Spain, which is trying to win a third straight major trophy after claiming titles at Euro 2008 and the 2010 World Cup, will next face either Germany or Italy on Sunday in Kyiv.

"Being in another final is a miracle," Fabregas said. "It's really incredible."

Cristiano Ronaldo had several chances for Portugal, but he sent three shots well over the bar as his team held its own for the entire match. The Real Madrid star, who came alive with three goals in his last two matches at Euro 2012, did not take a penalty in the shootout. He had been slated to take the fifth one, but he never got that far.

THE ASSOCIATED PRESS

Game plan

Italy coach assures all-out attack

Italy coach Cesare Prandelli has some questions over his lineup for Thursday's European Championship semifinal with Germany. There's no question, though, over what type of match his team will play.

Despite facing the tournament's most impressive squad thus far, Prandelli promises his team will attack at will.

Prandelli said, "We only have one weapon," which is to "play our game."

Prandelli is reportedly considering replacing Antonio Cassano with Alessandro Diamanti alongside Mario Balotelli.

THE ASSOCIATED PRESS

Ryder Cup

Love chooses longtime friends as assistant captains

U.S. captain Davis Love III selected a pair of longtime friends, Fred Couples and Mike Hulbert, as his assistants for the Ryder Cup. He said Wednesday they will help him choose his two other assistant captains for the Sept. 28 to 30 matches at Medinah.

European captain Jose Maria Olazabal has not announced his assistants.

THE ASSOCIATED PRESS

NBA

Crapshoot in draft after Hornets use first pick on Davis

Once Anthony Davis slips on a Hornets hat above basketball's most celebrated eyebrow Thursday night, the NBA draft really starts.

Davis will head to New Orleans with the No. 1 pick, even if the college player of the year is reluctant to guarantee it.

After that, nobody can be sure what will happen.

THE ASSOCIATED PRESS

NHL

Stanley Cup set for busy summer

Thirteen American states, five Canadian provinces and its first-ever visit to Slovenia. The Stanley Cup will soon embark on a busy summer tour with the Los Angeles Kings.

One of the greatest rewards that come with winning the iconic trophy is getting the opportunity to host it for a day.

THE CANADIAN PRESS

NHL. NHLPA sets 31-man negotiating committee, readies for CBA talks

Poised and confident. Calm and ready. There wasn't the slightest hint of tension in the air as the NHL Players' Association wrapped up executive board meetings Wednesday and shifted its attention to the imminent negotiation of a new collective bargaining agreement.

"We're ready," said Don Fehr, the NHLPA's executive director. "The players are ready, I'm sure the owners are ready. It's time to start."

The first formal session will be held Friday in New York. The sides also have plans to meet again late next week and are expected to continue holding regular sessions until a new deal can be hammered out.

On Wednesday, Fehr unveiled a 31-player negotiating committee that includes a true cross-section of the union's membership, including recognizable faces and journeymen.

THE CANADIAN PRESS

Expiry date

The current collective bargaining agreement expires Sept. 15.

Baxter Humby

One Arm Bandit nominated for Espy

Canadian kickboxer Baxter (One Arm Bandit) Humby has been nominated for best male athlete with a disability in the Espy Awards.

Humby, a native of Winnipeg who now makes his home in Los Angeles, is missing a right hand as a result of his arm being caught on his mother's umbilical cord and severed while in the womb.

He is the current International Muay Thai Council world super-welterweight champion.

THE CANADIAN PRESS

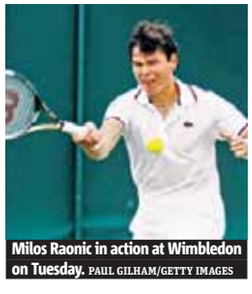
Wimbledon. Interruption fails to slow Raonic in opening-round match

Canadian Milos Raonic advanced to the second round at Wimbledon on Wednesday, completing a 6-4, 6-4, 6-4 victory over Colombian Santiago Giraldo that had been interrupted the night before by rain and darkness.

The 21st-ranked player from Thornhill, Ont., needed just minutes to wrap up the win and move on to a meeting with Sam Querrey.

Fellow Canadian Aleksandra Wozniak, ranked 56th, opened with a 6-2, 7-5 win over Russian Vera Dushevina. She plays her third-round match Thursday against China's Zheng Jie

THE CANADIAN PRESS



Milos Raonic in action at Wimbledon on Tuesday. PAUL GILHAM/GETTY IMAGES

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	46	28	.622	—
Baltimore	41	32	.562	4½
Boston	40	35	.533	6½
Tampa Bay	40	35	.533	6½
Toronto	38	37	.507	8½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	40	35	.533	—
Cleveland	37	37	.500	2½
Detroit	36	38	.486	3½
Kansas City	34	39	.466	5
Minnesota	30	44	.405	9½

WEST DIVISION

	W	L	Pct	GB
Texas	46	29	.613	—
Los Angeles	41	33	.554	4½
Oakland	37	39	.487	9½
Seattle	32	45	.416	15

Wednesday's results
Boston 10 Toronto 4
Chicago White Sox 12 Minnesota 5
Kansas City 5 Tampa Bay 4
N.Y. Yankees 5 Cleveland 4
Oakland 2 Seattle 1
L.A. Angels at Baltimore
Detroit at Texas
Tuesday's results
Boston 5 Toronto 1
Chicago White Sox 3 Minnesota 2
Kansas City 8 Tampa Bay 2
L.A. Angels 7 Baltimore 3
N.Y. Yankees 6 Cleveland 4
Seattle 3 Oakland 2
Texas 7 Detroit 5
Thursday's games — All Times Eastern
Chicago White Sox (Axelrod 0-1) at N.Y. Yankees (Nova 9-2), 7:05 p.m.
Cleveland (McAllister 1-1) at Baltimore (W.Chen 7-3), 7:05 p.m.
L.A. Angels (Haren 5-7) at Toronto (Cecil 1-0), 7:07 p.m.
Detroit (Scherzer 6-5) at Tampa Bay (Shields 7-4), 7:10 p.m.
Oakland (T.Ross 2-7) at Texas (Feldman 1-6), 8:05 p.m.
Boston (F.Morales 1-1) at Seattle (F.Hernandez 5-5), 10:10 p.m.

RED SOX 10, BLUE JAYS 4

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
Lawrie 3b	4	1	1	0	Nava lf	4	1	0	0
Rasms cf	4	0	1	1	Pedroia 2b	5	1	1	1
Bautist rf	4	2	2	1	Ortiz dh	2	4	1	1
Encrnc 1b	4	1	1	2	C.Ross rf	3	2	2	0
BFrncs dh	3	0	1	0	Kalish cf	1	0	0	0
KJhnsn ph	1	0	0	0	AdGnzl 1b	5	1	2	3
YEscor ss	4	0	0	0	Mdlrks 3b	4	0	0	1
RDavis lf	4	0	0	0	Aviles ss	4	1	2	2
Arencii c	3	0	0	0	DMcDn cf-rf	3	0	1	1
Vizquel 2b	3	0	1	0	Shppch c	3	0	1	0
Totals	**34**	**4**	**7**	**4**	**Totals**	**34**	**10**	**10**	**9**

Toronto	**100**	**102**	**000 — 4**
Boston	**610**	**210**	**00x — 10**

E—Encarnacion (2), D.McDonald (1). LOB—Toronto 3, Boston 7. 2B—Lawrie (14), Bautista (9), Pedroia (19), C.Ross (14), Aviles (19), Shoppach (9). HR—Bautista (25), Encarnacion (22), Ortiz (21). SB—Aviles (9).

Toronto	IP	H	R	ER	BB	SO
R.Romero L,8-2	3	7	9	8	6	1
J.Chavez	3	3	1	1	1	5
L.Perez	2	0	0	0	0	3
Boston						
Lester W,5-5	7	7	4	4	0	4
Melancon	1	0	0	0	0	0
Mortensen	1	0	0	0	0	0

R.Romero pitched to 2 batters in the 4th.
Umpires—Home, Rob Drake; First, Joe West; Second, Sam Holbrook; Third, Mike Estabrook.
T—2:40. A—37,744 (37,495) at Boston.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	42	30	.583	—
Atlanta	39	34	.534	3½
New York	40	36	.526	4
Philadelphia	36	40	.474	8
Miami	34	40	.459	9

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	41	33	.554	—
St. Louis	40	35	.533	1½
Pittsburgh	38	35	.521	2½
Milwaukee	34	41	.453	7½
Houston	31	43	.419	10
Chicago	26	49	.347	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	43	33	.566	—
San Francisco	43	33	.566	—
Arizona	37	36	.507	4½
Colorado	28	45	.384	13½
San Diego	27	48	.360	15½

Wednesday's results
Milwaukee 8 Cincinnati 4
N.Y. Mets 17 Chicago Cubs 1
San Francisco 3 L.A. Dodgers 0
Pittsburgh at Philadelphia
Arizona at Atlanta
St. Louis at Miami
San Diego at Houston
Washington at Colorado
Tuesday's results
Atlanta 8 Arizona 1
Chicago Cubs 5 N.Y. Mets 3
Cincinnati 4 Milwaukee 3
Houston 5 San Diego 3
Philadelphia 5 Pittsburgh 4
San Francisco 2 L.A. Dodgers 0
St. Louis 5 Miami 2
Washington 12 Colorado 5
Thursday's games — All Times Eastern
Pittsburgh (A.J.Burnett 8-2) at Philadelphia (K.Kendrick 2-7), 1:05 p.m.
Washington (E.Jackson 4-4) at Colorado (Outman 0-3), 3:10 p.m.
Arizona (Bauer 0-0) at Atlanta (Jurrjens 1-2), 7:10 p.m.
San Diego (Cashner 3-3) at Houston (Keuchel 1-0), 8:05 p.m.
N.Y. Mets (C.Young 1-1) at L.A. Dodgers (Capuano 9-2), 10:10 p.m.
Cincinnati (Cueto 9-3) at San Francisco (Bumgarner 9-4), 10:15 p.m.

BASKETBALL

WOMEN'S OLYMPIC QUALIFYING

At Ankara, Turkey

PRELIMINARY ROUND

Wednesday's results
Croatia 83 South Korea 75
Japan 79 Puerto Rico 70
Czech Republic 68 Argentina 54
France 87 Mali 33
End of Preliminary Round
Tuesday's results
France 56 **Canada 47**
Argentina 54 New Zealand 51
South Korea 71 Mozambique 65
Turkey 65 Japan 49
Friday's games

QUARTER-FINALS

(winners clinch berth to London games; losers to weekend playoffs for final position)
QF1 — Croatia vs. **Canada**, 7:30 a.m.
QF2 — Czech Republic vs. Japan, 9:45 a.m.
QF3 — Argentina vs. Turkey, 12 noon
QF4 — France vs. South Korea, 2:15 p.m.

GOLF

CN CANADIAN WOMEN'S TOUR NIAGARA FALLS OPEN

At Niagara Falls, Ont.
Par 72
Final Round (a-denotes amateur)
(x-won three-hole playoff)

x-Candace Schepperle	67-72-139
Carmen Bandea	71-68-139
a-Natalie Gleadall	**74-66-140**
Hye-Min Kim	73-68-141
Kim Welch	72-69-141
Jody Fleming	70-71-141
Danielle Mills	**74-68-142**
So Yeon Park	**73-69-142**
a-Jennifer Kirby	**76-67-143**
Lauren Mielbrecht	73-70-143
Noriko Nakazaki	74-70-144
a-Brogan McKinnon	**74-70-144**
Julie Shutler	69-75-144
Hannah Jun	74-71-145
a-Jennifer Ha	**73-73-146**
Sydney Cox	72-74-146
Ginny Brown	76-71-147
a-Nicole Zhang	**76-71-147**
a-Erica Rivard	**77-70-147**
Renee Skidmore	74-73-147
a-Samantha Spencer	**74-73-147**
Ashley Sholer	**76-72-148**
a-A Ram Choi	**75-73-148**
a-Josee Doyon	**75-73-148**
Elise Swartout	77-71-148
a-Anica Yoo	**73-75-148**
Maria Laura Elvira	72-76-148
a-Elizabeth Tong	**72-76-148**
Kirby Dreher	**75-74-149**
Katie Detlefsen	75-74-149
Christy Yun	76-73-149
Chelsea Bach	77-72-149
a-Julia Hodgson	**75-74-149**
Angela Drane	**75-75-150**
Sylvie Schetagne	**75-75-150**
Jennifer Jaszek	**73-77-150**
Nicole Vandermade	**73-77-150**
Stacey Bieber	**76-75-151**
Also	
a-Delaney Howson	**74-79-153**
Maggie Steciuk	**75-79-154**
a-Brittany Henderson	**80-74-154**
Nicole Forshner	**76-79-155**
a-Sabrina Sapone	**77-78-155**
a-Jacqueline Yanch	**80-75-155**
Jennifer Greggain	**80-75-155**
a-Anna Kim	**79-77-156**
a-Brianna Cooper	**77-81-158**
a-Taylor Schmidt	**79-79-158**
Jacklynn Miller	**76-85-161**
a-Alison Timlin	**81-81-162**
a-Kaitlin Troop	**83-80-163**
a-Kendra Bishop	**85-78-163**
a-Sarah Dunning	**80-86-166**
a-Meghan McDougall	**86-80-166**
Victoria Thompson	**88-78-166**
a-Alexandra Pelletier	**85-82-167**
Ellen O'Brien	**87-80-167**
Melissa Mabanta	**82-86-168**
a-Marlies Klekner-Alt	**85-85-170**
a-Kiersten Klekner-Alt	**88-82-170**
a-Marion Reid	**83-88-171**

TRANSACTIONS

NHL

CALGARY FLAMES — Traded D Jordan Henry and a 2013 fifth-round draft pick to Washington for D Dennis Wideman and signed him to a five-year contract. Re-signed F Blake Comeau to a one-year contract.
EDMONTON OILERS — Named Ralph Krueger coach.
N.Y. ISLANDERS — Named Brent Thompson assistant coach.
ST. LOUIS BLUES — Agreed to terms with coach Ken Hitchcock on a one-year contract extension through the 2013-14 season.
TAMPA BAY LIGHTNING — Re-signed D Brendan Mikkelson to a one-year, one-way contract.

CFL

2011 FINAL STANDINGS

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Winnipeg	18	10	8	0	432	432	20
x-Montreal	18	10	8	0	515	468	20
x-Hamilton	18	8	10	0	481	478	16
Toronto	18	6	12	0	397	498	12

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	18	11	7	0	511	385	22
x-Edmonton	18	11	7	0	427	401	22
x-Calgary	18	11	7	0	511	476	22
Saskatchewan	18	5	13	0	346	482	10

x — clinched playoff berth.
y — clinched division title.

PLAYOFFS

DIVISION SEMIFINALS
East (bye: Winnipeg)
Hamilton 52 Montreal 44 (OT)
West (bye: B.C.)
Edmonton 33 Calgary 19
DIVISION FINALS
East — Winnipeg 19 Hamilton 3
West — B.C. 40 Edmonton 23
99TH GREY CUP
At Vancouver
B.C. 34 Winnipeg 23

2012 REGULAR SEASON

WEEK ONE
All Times Eastern
Friday's games
Saskatchewan at Hamilton, 7 p.m.
Winnipeg at B.C., 10 p.m.
Saturday's game
Toronto at Edmonton, 7 p.m.
Sunday's game
Montreal at Calgary, 7 p.m.

NBA

2012 DRAFT

At New York
Order of selection for Thursday night's 2012 National Basketball Association draft:
FIRST ROUND
1. New Orleans Hornets; 2. Charlotte Bobcats; 3. Washington Wizards; 4. Cleveland Cavaliers; 5. Sacramento Kings; 6. Portland Trail Blazers (from Brooklyn); 7. Golden State Warriors; **8. Toronto Raptors**; 9. Detroit Pistons; 10. New Orleans (from Minnesota via L.A. Clippers).
11. Portland; 12. Milwaukee Bucks; 13. Phoenix Suns; 14. Houston Rockets; 15. Philadelphia 76ers; 16. Houston (from New York); 17. Dallas Mavericks; 18. Houston (from Minnesota via Utah); 19. Orlando Magic; 20. Denver Nuggets.
21. Boston Celtics; 22. Boston (from L.A. Clippers via Oklahoma City); 23. Atlanta Hawks; 24. Cleveland (from L.A. Lakers); 25. Memphis Grizzlies; 26. Indiana Pacers; 27. Miami Heat; 28. Oklahoma City Thunder; 29. Chicago Bulls; 30. Golden State (from San Antonio).
SECOND ROUND
31. Charlotte; 32. Washington; 33. Cleveland; 34. Cleveland (from New Orleans via Miami); 35. Golden State (from Brooklyn); 36. Sacramento; **37. Toronto**; 38. Denver (from Golden State via New York); 39. Detroit; 40. Portland.
41. Portland (from Minnesota via Houston); 42. Milwaukee; 43. Atlanta (from Phoenix); 44. Detroit (from Houston); 45. Philadelphia; 46. New Orleans (from Washington via Dallas); 47. Utah; 48. New York; 49. Orlando; 50. Denver.
51. Boston; 52. Golden State (from Atlanta); 53. L.A. Clippers; 54. Philadelphia (from Memphis); 55. Dallas (from L.A. Lakers); **56. Toronto** (from Indiana); 57. Brooklyn (from Miami); 58. Minnesota (from Oklahoma City); 59. San Antonio; 60. L.A. Lakers (from Chicago via Milwaukee and Brooklyn).

SOCCER

EURO 2012

SEMIFINALS

Wednesday's result
At Donetsk, Ukraine
Portugal 0 Spain 0
(Spain advances 4-2 on penalty kicks)
Thursday's game — All Times Eastern
At Warsaw, Poland
Germany vs. Italy, 2:45 p.m.

CHAMPIONSHIP

Sunday's game
At Kiev, Ukraine
Spain vs. Germany/Italy winner, 2:45 p.m.

SCORING LEADERS

Three Goals
Alan Dzagoev, Russia; Mario Gomez, Germany; Mario Mandzukic, Croatia; Cristiano Ronaldo, Portugal.
Two Goals
Xabi Alonso, Spain; Nicklas Bendtner, Denmark; Cesc Fabregas, Spain; Zlatan Ibrahimovic, Sweden; Petr Jiracek, Czech Republic; Michael Krohn-Dehli, Denmark; Vaclav Pilar, Czech Republic; Dimitrios Salpingidis, Greece; Andriy Shevchenko, Ukraine; Fernando Torres, Spain.

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	16	9	4	3	31	24	30
D.C.	17	9	5	3	31	22	30
Kansas City	15	9	4	2	20	15	29
Chicago	15	7	5	3	20	19	24
Houston	15	5	5	5	20	23	20
Columbus	14	5	5	4	14	15	19
New England	15	5	7	3	20	20	18
Montreal	16	5	8	3	24	26	18
Philadelphia	13	3	8	2	12	15	11
Toronto	13	1	10	2	13	28	5

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	16	10	3	3	31	19	33
Real Salt Lake	17	10	5	2	28	19	32
Vancouver	16	7	4	5	18	19	26
Seattle	16	7	5	4	19	16	25
Los Angeles	16	6	8	2	22	23	20
Colorado	15	6	8	1	21	21	19
Chivas USA	16	5	7	4	11	18	19
Portland	15	4	6	5	14	17	16
Dallas	17	3	9	5	16	26	14

Wednesday's result
Toronto at Montreal
Friday's game — All Times Eastern
Chicago at Kansas City, 8 p.m.
Saturday's games
New York at Toronto, 7 p.m.
Montreal at D.C. United, 7:30 p.m.
Seattle at New England, 7:30 p.m.
Real Salt Lake at Columbus, 8 p.m.
Philadelphia at Houston, 8:30 p.m.
Portland at Colorado, 9 p.m.
Los Angeles at San Jose, 10 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
Puerto Rico	12	7	3	2	21	10	23
San Antonio	12	6	2	4	18	12	22
Minnesota	12	5	2	5	18	16	20
Tampa Bay	13	5	5	3	16	18	18
Carolina	13	4	4	5	22	20	17
Fort Lauderdale	13	4	5	4	17	20	16
Edmonton	12	3	7	2	12	15	11
Atlanta	13	1	7	5	14	27	8

Saturday's games — All Times Eastern
Carolina at Fort Lauderdale, 7:30 p.m.
Minnesota at Tampa Bay, 7:30 p.m.
Atlanta at San Antonio, 8:45 p.m.
Sunday's game
Puerto Rico at Edmonton, 4 p.m.

TENNIS

WIMBLEDON

At London
Yesterday's results
MEN
Singles — First Round
David Ferrer (7), Spain, def. Dustin Brown, Germany, 7-6 (5), 6-4, 6-4.
Milos Raonic (21), Thornhill, Ont., def. Santiago Giraldo, Colombia, 6-4, 6-4, 6-4.
Jurgen Melzer, Austria, def. Stanislas Wawrinka (25), Switzerland, 3-6, 7-6 (2), 2-6, 6-4, 8-6.
Andy Roddick (30), U.S., def. Jamie Baker, Britain, 7-6 (1), 6-4, 7-5.
Bjorn Phau, Germany, def. Wayne Odesnik, U.S., 6-3, 3-6, 6-7 (3), 6-3, 6-4.
Second Round
Novak Djokovic (1), Serbia, def. Ryan Harrison, U.S., 6-4, 6-4, 6-4.
Roger Federer (3), Switzerland, def. Fabio Fognini, Italy, 6-1, 6-3, 6-2.
Janko Tipsarevic (8), Serbia, def. Ryan Sweeting, U.S., 5-7, 7-5, 6-4, 6-2.
Nicolas Almagro (12), Spain, def. Guillaume Rufin, France, 6-2, 5-7, 6-2, 6-4.
Juan Monaco (15), Argentina, def. Jeremy Chardy, France, 6-2, 3-6, 6-3, 7-6 (3).
Richard Gasquet (18), France, def. Ruben Bemelmans, Belgium, 6-3, 6-4, 6-4.
Mikhail Youzhny (26), Russia, def. Inigo Cervantes, Spain, 6-1, 6-3, 6-4.
Radek Stepanek (28), Czech Republic, leads Benjamin Becker, Germany, 6-2, 5-6 (susp., darkness).
Julien Benneteau (29), France, def. Michael Russell, U.S., 7-6 (4), 2-6, 6-4, 7-5.
Florian Mayer (31), Germany, def. Philipp Petzschner, Germany, 3-6, 3-6, 6-4, 6-2, 6-4.
WOMEN
Singles — First Round
Tamira Paszek, Austria, def. Caroline Wozniacki (7), Denmark, 5-7, 7-6 (4), 6-4.
Sara Errani (10), Italy, def. CoCo Vandeweghe, U.S., 6-1, 6-3.
Klara Zakopalova, Czech Republic, def. Dominika Cibulkova (13), Slovakia, 6-4, 6-1.
Ana Ivanovic (14), Serbia, def. Maria Jose Martinez Sanchez, Spain, 6-3, 3-6, 6-3.
Julia Goerges (22), Germany, def. Shahar Peer, Israel, 6-2, 6-2.
Second Round
Maria Sharapova (1), Russia, leads Tsvetana Pironkova, Bulgaria, 7-6 (3), 3-1 (susp., darkness).
Agnieszka Radwanska (3), Poland, def. Elena Vesnina, Russia, 6-2, 6-1.
Arantxa Rus, Netherlands, def. Sam Stosur (5), Australia, 6-2, 0-6, 6-4.
Sorana Cirstea, Romania, def. Li Na (11), China, 6-3, 6-4.
Vera Zvonareva (12), Russia, def. Silvia Soler-Espinosa, Spain, 6-1, 3-6, 6-1.
Sabine Lisicki (15), Germany, def. Bojana Jovanovski, Serbia, 3-6, 6-2, 8-6.
Maria Kirilenko (17), Russia, def. Lourdes Dominguez Lino, Spain, 6-1, 6-2.
Nadia Petrova (20), Russia, leads Timea Babos, Hungary, 6-4, 5-5 (susp., darkness).
Sloane Stephens, U.S., def. Petra Cetkovska (23), Czech Republic, 7-6 (6), 4-6, 6-3.
Peng Shuai (30), China, def. Ayumi Morita, Japan, 7-6 (4), 6-3.
Doubles — First Round
Yaroslava Shvedova and Galina Voskoboeva (7), Kazakhstan, def. Simona Halep, Romania, and **Aleksandra Wozniak, Blainville, Que.**, 6-1, 6-0.

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12 Chum
13 Rowing need
14 Comic actor Atkinson
15 Big bother
16 Pennants
18 "Flying Down to —"
19 Push
20 Grant's place
22 Ram's ma'am
23 Remark re Yorick
27 Corn spike
29 Governor
31 Tease goodnaturedly
34 Substantial
35 Taxpayers' fears
37 Baltimore newspaper
38 TV's Batman
39 Prune
41 Story
45 Leg bone
47 Crib
48 Startling headlines
52 Conclusion
53 Pile up
54 "Of course"
55 Past
56 Lips
57 Former flier
58 Do some landscaping

Down
1 Dizzying designs
2 Sirius medium
3 Flourish
4 Employer
5 Newsman Dan
6 Quiver occupant
7 Scottish slope
8 CD- —
9 Shock partner
10 Jam ingredient?
11 Navy rank (Abbr.)
17 24/7
21 Suit
23 Rep
24 Meadow
25 Pismire
26 Pigs' digs
28 Sternward
30 Aussie coat of arms beast
31 Cornfield noise
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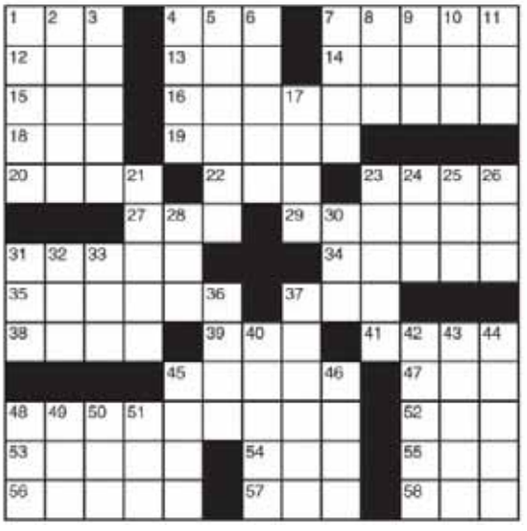
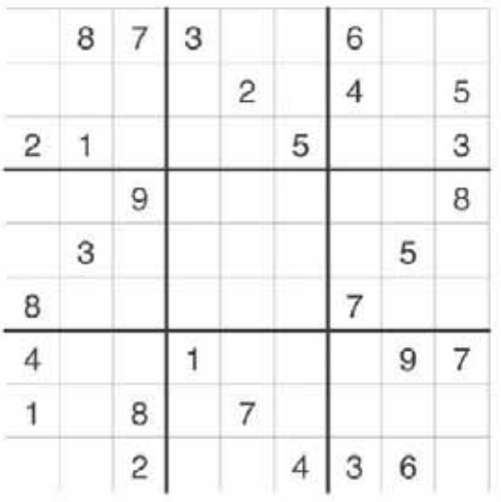
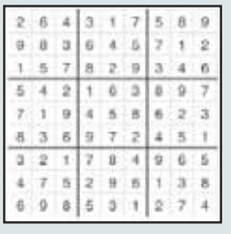
33 Billboards
36 Svelte
37 Steeples
40 Follows orders
42 Perpendicular, at sea
43 Chuck Woolery's GSN show
44 Be philanthropic
45 Little bits
46 Helper (Abbr.)
48 Yon maiden
49 Massachusetts cape
50 Tatter
51 Before





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SBG XCQIGMSGQ AOAM'S
IHS GMJHDB YSCWIY JM SBG
ICXRCDG, YJ OS DJS WCQRGA
"QGSHQM SJ YCMAGQ."

Yesterday's Cryptoquip: IF A GUY STUBBORNLY REFUSED TO LET GO OF HIS METAL SODA CAN, MIGHT YOU CALL HIM TIN-ACIOUS?
Today's Cryptoquip Clue: A equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Your confidence may be high today but you would be wise not to let your enthusiasm get the better of you. It may turn people against you.

Taurus | April 21 - May 21. What changes can you introduce to make your life more exciting? Give it some thought and when you come to the conclusion, draw up a plan.

Gemini | May 22 - June 20. The only danger now is that you will focus on one aim to the exclusion of everything else and miss out on other possibilities. Don't switch off the world around you.

Cancer | June 21 - July 22. Partners and colleagues are in a talkative mood and some of the things they have to say will not only be interesting but could even help your career.

Leo | July 23 - Aug. 22. You have a lot on your plate at the moment but the lion's share of your work is for the benefit of other people. That needs to change.

Virgo | Aug. 23 - Sept. 22. Planets are tempting you to make big claims for yourself, which could lead to problems when others discover you lack relevant experience.

Libra | Sept. 23 - Oct. 22. What happens today may seem chaotic but if you stand back and take a broader perspective of the situation you will see there is a pattern to events. Rise above petty issues.

Scorpio | Oct. 23 - Nov. 21. A change of scene will do you a world of good. The more you are on the move, the more likely it is you will discover something, or someone, that makes life worth living again.

Sagittarius | Nov. 22 - Dec. 21. You may have to use a bit of muscle to get what you need today but watch out you don't annoy someone whose assistance you will need in the very near future.

Capricorn | Dec. 22 - Jan 20. Make big plans for the next few days — the bigger the better. What happens next week will help you turn your plans into reality.

Aquarius | Jan. 21 - Feb 18. You may be held back by circumstances beyond your control but don't fight it — go with the flow.

Pisces | Feb. 19 - March 20. The Sun in Cancer boosts your confidence but there is a danger today that you could get carried away and say or do something that upsets an authority figure you need to get along with. **SALLY BROMPTON**

Caption Contest

"I taught Gene Simmons this."
Matthew

THE AMARILLO GLOBE NEWS, MICHAEL SCHUMACHER/THE ASSOCIATED PRESS

Win!

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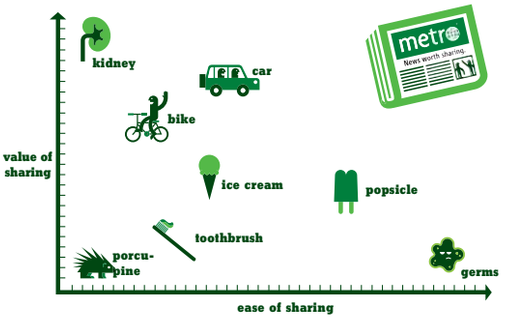

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